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LET'S TALK TURKEY

- How to make your table sing this holiday
  metroLIFE
- How to avoid relatives to watch the Jays
  metroNEWS

ROB KRUYT/FOR METRO

metroTALKS Conversations with leaders

ELIZABETH MAY: Metro's fourth and final sit-down interview with federal party leaders

Green grows the economy

Green party leader visits the Metro Vancouver newsroom to discuss:

- the oilsands
- strategic voting
- her party's priorities
- Neil Young
- and other issues that affect Canada

Pages 10 & 11 in metroNEWS

PLUS our ongoing daily election page
READY TO ENGAGE on page 12

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metro NEWS

Your essential daily news

Oscar Pistorius' family say his rights "undermined." **World**

TORONTO PRIDE CITY RALLIES AROUND TEAM WITH FLAG-RAISING CEREMONY
Hundreds of people were on hand Tuesday as Mayor John Tory and Blue Jays mascot, Ace, raised the team flag outside city hall to mark the playoff run, which starts Thursday. Tory suggested during the ceremony that Jays games could be broadcast on a big screen in Nathan Phillips Square, turning the team's success into a community celebration.
TORSTAR NEWS SERVICE

Mixing the Jays with family

JAYS 2015

The balls and strikes of how to catch it all on Thanksgiving

Jessica Smith Cross
Metro | Toronto

If you're giving thanks for the Blue Jays these days, you might find yourself in a delicate spot this holiday weekend.

The problem: Toronto is scheduled to play its key third game in the American League division series against Texas at 8 p.m. Sunday — right in the middle of some folks' family time.

The bigger problem: If a fourth game is needed in the series (statistically likely), it will fall on Thanksgiving Monday and the people over at MLB haven't announced the time.

So how do you say, "Dear Auntie, I'd love to come to Thanksgiving, but I don't really know yet because the honchos at the MLB won't schedule Game 4 until they've worked out an optimal broadcast schedule?"

Metro's urban etiquette columnist, Ellen Vanstone, has some advice, and the first piece is don't say that.

The best strategy is to take a cue from the Jays' slogan and "come together." Convince everyone they should enjoy the game with you, before or after dinner. Here are Vanstone's suggestions on how to do that.

If your family is particularly patriotic…

Play the election card.

"Say, 'Our country is divided right now, but this is something that can pull us together. We owe it to our country to watch this game."

If you have American relatives…

Remind them sports and Thanksgiving mix well down south. Just don't let them expect some kind of sexist sitcom scenario where the men watch the game while the women clean because Jays fans are, after all, just as likely to be female.

If they're a particularly literary bunch…

Try waxing poetic on how baseball lends itself to metaphors for life that you'd love to discuss with them.

"Steer the conversation to the late, great Yogi Berra and then segue into Chad Harbach's novel The Art of Fielding."

If it's a gambling crowd…

Place a friendly wager.

"If you know your aunt likes to bet on Euchre at the cottage, play on her every vice."

But if you end up stuck at dinner during a game…

Be the first to volunteer to get the extra forks or whatever is needed at the table, and sneak a peek at your smartphone while you're at it.

"Unfortunately, the height of rudeness is looking at your phone during a meal," Vanstone says. "You're better off wearing an ear bud, snaking it up through your hair and collar into one ear, and nodding glassy-eyed to the conversation around you. Then at least you're not staring into the phone on your lap."

If the table's looking well stocked with forks, try blurting out something about a topic of conversation you know someone else at the table is obsessed with — say, an obscure Kardashian factoid — that will send them to their phone to check it out.

Then, after they set such a rude precedent, you too can pull out your phone and check on the game.

ADVICE

It's bandwagon time: How to talk baseball with the best

Ethan Rotberg
For Metro | Toronto

Everybody is talking Blue Jays. A whole 22 years since the team last made the playoffs and a whole 22 years since Canada has experienced baseball fever. It's an unfamiliar frenzy for a literal generation of people. What does it mean to win the division? It means your cab driver asked if you saw the David Price game; your boss wanted to know what a "magic number" is; your mom emailed you a Marcus Stroman Tweet. If you haven't been paying attention or are a little late on the bandwagon, you might feel a little left out.

Here are a couple of talking points for the water cooler — because everybody is talking Blue Jays.

"Donaldson is our MVP"

Josh Donaldson will likely win baseball's MVP award — the fans have been chanting it for months, and deservedly so. Josh has been valuable in every way you can measure it. He jumps into the stands to make catches, he slides head-first Superman style into home plate to beat the tag, and he hits clutch home runs. Of his 41 home runs, 27 have either tied the game or given Toronto the lead.

Josh Donaldson
FRED THORNHILL/THE CANADIAN PRESS

Remember when Bautista hit 54 home runs? Not as good as Donaldson's 2015. Alomar in 92/93? Not as good. George Bell's MVP award in 1987? Not as good. If you're looking for someone to come close to Joe Carter's heroics this postseason, pay attention to Josh Donaldson.

"They are finally going for it"

You have to give the organization credit for recognizing a talented team and making the moves to put them over the top. They didn't stop at trading for superstar pitcher David Price and talented shortstop Troy Tulowitzki. General manager Alex Anthopoulos also acquired lead-off man Ben Revere, bullpen arm Mark Lowe and backup infielder Cliff Pennington. Toronto sent 12 minor league players to various teams in these deals — in case you were wondering how serious they were about winning. This is a team that for 22 years hasn't been good enough to make the playoffs or bad enough to sell off assets and rebuild.

There's a definite direction now and that's a reason to get behind them.

Homeless shelter stunt brings residents to tears

RAISING THE ROOF

Film to show reactions to fake signs in affluent area

Jessica Smith Cross
Metro | Toronto

When a notice went up in a wealthy Toronto neighbourhood announcing a homeless shelter would be opening soon, some people were so upset they cried.

The tears — captured last week on hidden cameras — punctuated at least part of what the charity behind the notice was out to show.

"I hope they investigate the issue more and realize we all have a role in helping the vulnerable in our society," said Carolann Barr, director of Raising the Roof.

To be clear: There isn't a homeless shelter planned for Leaside, where average income is among the highest in Canada.

An agency advocating for issues surrounding homelessness chose Leaside as the neighbourhood for a social experiment geared around the upcoming federal election. LIZ BEDDALL/METRO

Raising the Roof, an agency that advocates for issues surrounding homelessness, picked the neighbourhood for a sort of social experiment geared around the upcoming federal election.

The charity partnered with an advertising agency to cover the former Sleep Country store on Bayview Avenue with construction boarding. On it, there was a sign announcing that a privately funded homeless shelter would open on Nov. 1, offering 62 beds, hot meals and run by a volunteer staff of three.

Cameras recorded people as they read the notice, which people saw almost immediately after it was posted.

Ted Stuebing, who runs the community news outlet The South Bayview Bulldog, was among the first who started fielding calls, along with the local ward councillor.

"People were very upset," Stuebing said.

Stuebing went by the area and spoke with a young lady, who claimed she worked for the shelter. When he told her he didn't think there were 62 homeless people in the neighbourhood to fill the beds, she said the shelter would bus them in.

The next day, a different notice went up.

"You told us you don't want a shelter here. Neither do we. Support us in creating long-term solutions. Let's end homelessness," it said, giving a link to Raising the Roof's website.

Barr said the reactions captured on the hidden cameras will be used in a film that will be released on Oct 12. The film, she said, is designed "to get voters to really think about homelessness and what their local leaders and federal leaders are doing about that issue."

Residents' faces will be blurred, she said.

REAL ESTATE

Millennials veering from sky box living

Improved transit and technology — but most of all affordability — are likely to drive a surge of millennials back to the suburbs over the coming years and away from the dense, downtown "mating markets" they now call home, says a new report on emerging trends in real estate.

There's a coming "exodus from the core" as frustrated young homebuyers find themselves priced out of urban real estate markets and are willing to drive much further afield thanks to transit improvements and even driverless cars, says PwC and the Urban Land Institute.

According to a report, young buyers will be heading back to the suburbs for affordable homes. TORSTAR NEWS SERVICE

That's not to say the urbanization trend that has been transforming major city centres around the world is doomed to extinction, said Chris Potter, leader of the real estate tax section of PwC Canada.

"That is expected to continue to grow and our cities will become more dense. But we're hearing and we're seeing a lot of folks saying the suburbs are not dead," he said. "There are people who will continue to want to move out of the city — and affordability is a big driver."

There is a sense that the Canadian real estate market as a whole is due for "a breather," the report says.

TORSTAR NEWS SERVICE

TOP MARKETS

Vancouver is the No. 1 investment market to watch in 2016, up from fourth last year. Toronto moves from No. 3 to No. 2, although affordability remains a major challenge.

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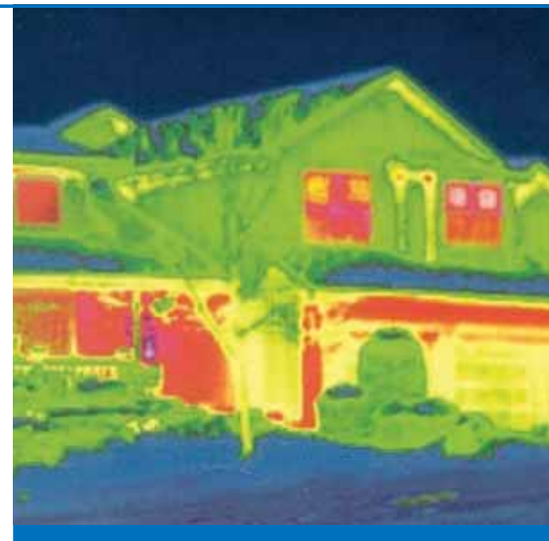

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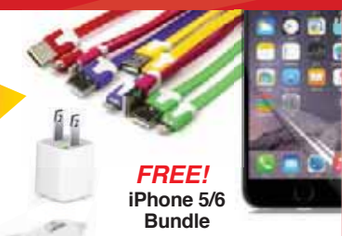

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For some, this will be the scene most remembered from Nuit Blanche 2015 — a brawl that broke out early Sunday at Yonge-Dundas Square. SCREENSHOT FROM LIVELEAK.COM

The darker side of T.O.'s Nuit Blanche

REPUTATION

Artists afraid all-night event no longer about the art

Steven Goetz
For Metro | Toronto

A decade on, Nuit Blanche is at a crossroads.

Rowdy incidents like those recorded this weekend are threatening to overwhelm the all-night art crawl's success bringing contemporary work to the masses, artist Gwen MacGregor told Metro.

"Artists have concerns that it's not really about the art anymore," said MacGregor, who has shown work at two previous Nuit Blanches and wrote a doctoral thesis on the event's credibility with artists and curators.

"It feels like a greater percentage of the audience is there for a party."

That reputation was all but cemented early Sunday when a mob occupied Yonge-Dundas Square, cursing and throwing bottles as police tried to disperse the crowd.

The solution is not to have less Nuit Blanche, but to offer more events that encourage people to explore the city until the wee hours, MacGregor said.

"Part of the problem is people are hungry for this type of event where the city is open and you can go out all night," she said. "We are expecting a lot from Nuit Blanche as the one night in the year that people occupy the streets."

MacGregor notes there was no art on display in the area around Yonge-Dundas Square. Plus, she said, there have been few serious incidents given the festival's size — attracting more than 1 million people, thousands of them from outside Toronto.

Still, more and more people she knows are opting to go early in the night or toward the end of the event to avoid the sometimes unruly crowds.

In what it says is a decision unrelated to this weekend's problems, Scotiabank, on board since Nuit Blanche's beginnings, confirmed it won't return as title sponsor next year.

That could be an opportunity for organizers to reassess the sponsorship program and the size of the event, MacGregor said.

"It has become such a huge economic engine, it would be hard to stop the pressure to keep growing," she said. "Maybe this is a good thing and a chance to scale it back and take a different direction going forward."

Others say scenes like this art installation at Nathan Phillips Square are what highlight the festival. LANCE MCMILLAN/FOR METRO

EDUCATION

Phase out 'streaming': Report

"Streaming" students in high school hits low-income and certain racial groups the hardest and should be phased out across the city, recommends a new report going before Toronto District School Board trustees.

The report, to be presented Wednesday, cites the success of a research project at a North York high school that urged struggling students to take academic-level courses in Grade 9 English and geography instead of the lower-level "applied" classes — and, in the end, boosted pass rates.

"It's something bold and different, and it's based on the feedback we are hearing," said Jim Spyropoulos, head of equity and inclusive schools at the TDSB, of the recommendation the research team made after extensive consultations and seeing the results of the pilot project at C.W. Jefferys Collegiate.

Streaming is a stubborn problem across Ontario, one that persists in all school boards despite changes to the system in 1999 that were supposed to put an end to the decades-old practice.

TORSTAR NEWS SERVICE

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Chase that negativity: Good news is on the way

SOCIAL MEDIA

Website based on uplifting stories aims to cheer us all up

Gilbert Ngabo
Metro | Toronto

Tired of all the negative news feeds? There's good news on the horizon.

A new Toronto-based effort is looking to ease up on the pessimism by committing to spreading only good news via stories posted to social media and a dedicated website.

Good News Eh! has a mission to uplift the spirits of Canadians nationwide, said co-founder Shah Emily Noaman, a Toronto jewelry designer.

"I've been watching a lot of news, and I noticed there was a lot of negativity around us," she said, adding this was in contrast to her firm belief that there's a lot of positive and amazing things happening.

"Negative news is like soap opera. It sells," she said. "But there definitely needed to be something to cheer people up, something to be happy about."

Noaman is accepting entries for a contest designed to get the good news rolling. Through social media, people are being asked to submit short videos describing a good deed that has impacted their community.

Shah Emily Noaman and Alan Ruby are looking to spread positive thoughts. CONTRIBUTED

> **When I read a positive story, I feel I light up inside.**
> Shah Emily Noaman

All entries will be presented online, and people will pick their favourites on Oct. 15. The top three submitters will be invited to make a public presentation when Good News Eh! officially launches in November.

The winner will pocket a $500 cheque, meant to be used toward a project that will spread more good deeds.

Noaman said community involvement will be key to making the project a success. In her view, positive news always generates inspiration and leads to more positive news.

"When I read a positive story, I feel I light up inside," she said. "I'm sure that good and positive news will create a positive mentality and people will be a lot happier."

QUEEN ELIZABETH WAY

Big fines for road service

Ontario drivers are being promised better-maintained highways this winter, after the government hit a company contracted to clear roads with $900,000 in fines.

Carillion Canada was fined $500,000 for not clearing the Queen Elizabeth Way during a snow and ice storm last November, and $400,000 for not doing a proper job on the QEW between Burlington and Mississauga in another storm last December.

Carillion has eight contracts with the province — worth $87 million a year — to maintain highways around Chatham, London, Peel and Halton regions, Simcoe, Huntsville, Thunder Bay, Bancroft and the Kingston area.

The company did not respond to requests for comment on the fines, but the government insisted highways would be in better shape after storms this winter.

Prior to changes in 2009, Ontario's most travelled highways were cleared about 2.1 hours after a storm, but an auditor's reported earlier this year showed an increase to an average of 4.7 hours by 2013-14.

The government will buy more road clearing equipment, "especially in rural and congested urban areas,'' require the use of more anti-icing liquids before storms, and post live camera images with time-stamped road condition information, Ontario Transportation Minister Steven Del Duca pledged Tuesday.

THE CANADIAN PRESS

Cellphone user is just a few clicks from a hot latte. CONTRIBUTED

RETAIL

Starbucks ready to take mobile orders

Gilbert Ngabo
Metro | Toronto

It was bound to happen.

You'll soon be able to skip the line for you morning coffee by ordering and paying in advance — all with just a few clicks on your smartphone.

Starbucks will introduce a mobile-ordering system at 300 GTA stores on Oct. 13, with the aim of expanding to the rest of the country starting next year.

The feature — already available in the U.S. and U.K. — will be integrated into the iOS and Android versions of the company's existing app.

Users will be able to select the store they want to order from and choose what they want from a menu built into the app. They'll be able to make special requests, just like they do when speaking to a barista.

Each order will come with a timer indicating when it will be ready, so customers can get to the store just in time.

"The big benefit here is time," said Jessica Mills, brand and digital director at Starbucks Canada."Now people have the choice and the freedom to plan ahead."

TEACHERS

Ontario, union still in talks

Talks between the Ontario government, school boards and the elementary teachers' union continued for a second day Tuesday, with Education Minister Liz Sandals saying the sides are "slowly moving forward" in bargaining.

"There is progress being made," with the Elementary Teachers' Federation of Ontario (ETFO), Sandals said.

It is the first glimmer of hope for negotiations after a bargaining blitz in early September led nowhere.

ETFO members began a work-to-rule last spring that escalated after talks broke off Sept. 11.

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ROB KRUYT/FOR METRO

METROTALKS ELIZABETH MAY

The Green party leader drops in for a revealing chat with Metro Vancouver during another whirlwind day on the campaign trail

BATTLING PUBLIC PERCEPTION

Matt Kieltyka
Metro | Vancouver

Whoosh.

In a sudden rush, Elizabeth May, the Green party's energetic leader, glides into a boardroom at Metro Vancouver's office.

Still munching on a bag of bulk almonds forced on her by her 24-year-old daughter and campaign caretaker, Cate May Burton, the MP for Saanich-Gulf Islands makes her greetings and quickly grabs a hairbrush from Cate's purse.

Two strokes.

"Does my hair look OK?" May asks, using her daughter as a mirror while not seeming to care what the answer is.

Good enough.

No almonds stuck between her teeth? Check. Good to go.

"My daughter keeps me alive," admits May, off the back of a news conference in opposition to increased tanker traffic off B.C.'s coast and cutting it close to her flight out of town.

What follows isn't the scattered lightning round you'd expect from someone living in the eye of the storm, but a composed and revealing conversation about the nation and the misperceived role of the surging Greens in that system.

Chiefly, May bats away the public perception that her party of eco-lovers hate all things oilsands.

"Obviously, the Greens oppose (Kinder Morgan and Enbridge in B.C.), as we oppose Keystone and Energy East," she says.

Obviously. May believes most of our fossil fuels should be left in the ground. But…

"A lot of people don't necessarily fully understand the reasons for our opposition. It's not good for our economy, either, to have a strategy for oilsands development which is about maximizing the production of a low-value product and exporting it unprocessed," she said.

May argues that in supporting a "rip and strip" economy, Stephen Harper's government has been beholden to multinational corporations when it should be processing, upgrading and refining oil and gas at home, stimulating the economy and creating jobs.

"The idea that being against pipelines is somehow being against jobs is absolutely, on its head, the opposite to the reality that this is all about shipping jobs to other countries," May says.

She thinks the federal government should sit down with provinces and create a national energy plan, following former Alberta premier Peter Lougheed's plan to manufacture bitumen, upgrade it to crude and process it in refineries in Alberta as a public resource.

The only country that has successfully followed his plan to the letter, May says, is Norway, which has leveraged its oil reserves into a trillion-dollar legacy fund for its people.

"If you divided up the legacy fund to the population of Norway, every Norwegian is a millionaire," she says, "because they followed Peter Lougheed's plan. So often the Greens are portrayed — because we are absolutely against bitumen pipelines and tankers — we're portrayed as if we're somehow against Canada's economic prosperity, and the opposite is true."

May spends the next 40 minutes talking about strategic voting, her exclusion from various leaders debates, trade agreements and even her aspirations to one day write mystery novels — until she feels a familiar tug on her sleeve.

"We really have to go," Cate pleads, as her mother — ever willing to engage on issues and show off a candidate's "Cut the bulls—" poster — is reluctantly pulled away.

It's going to be another mad scramble to the airport.

Clear a path ahead of the Green tornado's next stop.

Fear, strategic voting biggest threats to the Green party

Emily Jackson
Metro | Vancouver

Elizabeth May thinks her party has a shot at winning 12 to 15 seats, but with one major caveat — it will happen only if people aren't swayed by anyone-but-Harper strategic voting campaigns that assert a Green vote is a wasted vote.

"I have people saying, 'You know, I voted for you last time and I really love you … but this time I have to vote strategically," she said, chastising the increasingly popular argument for strategic voting.

It reasons that a vote for the Greens helps Harper by splitting votes between the Greens, NDP and Liberal candidates, thus stopping any from getting elected.

But May argues that is false.

"If that was true, Stephen Harper would be working to get me in debates, not get us out," she said.

"The biggest threat to those seats going to Greens is people being afraid."

Green voters are often people who usually vote Conservative or people who didn't vote at all in previous elections, she said. In 2008, the year the party got the most votes, Harper won only a minority government. In 2011, when the Green vote plummeted — May believes this is because she wasn't allowed in major debates — Harper won a majority.

May won a seat in 2011 but did not in 2008.

She sympathizes with people who feel pulled to vote strategically but said it discourages voter turnout by making people feel uncertain and fearful. And it's important to encourage people to hit the polls, since nearly 40 per cent stayed at home last time.

"The biggest voting block in this country is the people who in 2011 and in 2008 stayed home," she said.

Outside of B.C., where the Greens undoubtedly hold the most clout, May said there are "pockets of strength" in New Brunswick, Prince Edward Island, Ontario and Quebec.

She is particularly optimistic about the prospects of Mary Lou Babineau in Fredericton and MP Bruce Hyer in Thunder Bay-Superior North.

ROB KRUYT/FOR METRO

PRIORITIES

If the Green party held the power...

Elizabeth May outlines the priorities that she'll try to push through, if the Greens hold the balance of power in the coming parliament:

1. **Foster a co-operative, productive parliament**
2. **Get rid of the first-past-the-post electoral system (the Greens, Liberals and NDP all prefer proportional representation)**
3. **Abolish anti-terror Bill C-51**
4. **Demand real climate action, including keeping tankers off the coastline, and head to the UN climate talks in Paris as leaders**

"That's it."
— Elizabeth May

ON NEIL YOUNG

"The first set of the concert was his more acoustic stuff, his older stuff, so I was transported back. I was remembering my friends' houses where I first heard various Neil Young songs. This was Grade 11. To know I was going to be meeting with him was very cool.

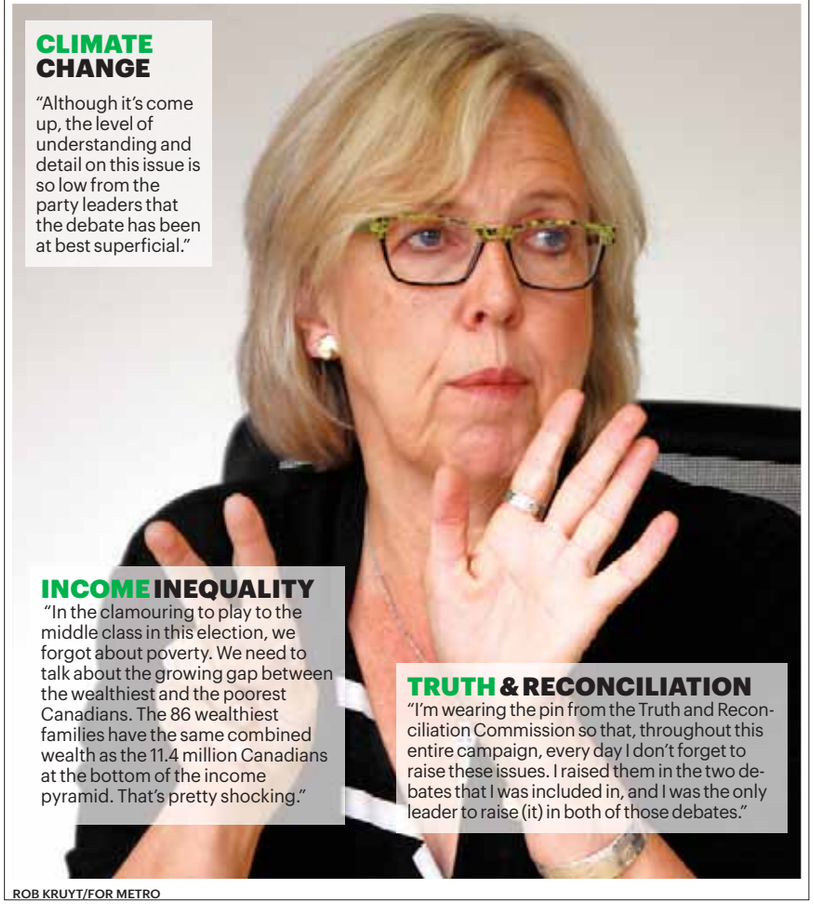
He's been very active on environmental issues and particularly promoting the campaign to put environmental rights in our constitution, and because we're the only party who's been advocating for that, he wanted to meet with me. So it was fantastic.... It was just as exciting as anyone who is a Neil Young fan would imagine it is to have a chance to hang out with him."

— Elizabeth May, after meeting Neil Young in Vancouver on Monday night

Neil Young speaks to reporters in Vancouver on Monday. EMILY JACKSON/METRO

What May would say

Elizabeth May has been forced to sit on the sidelines for three of the five leaders' debates during this election campaign. Here's what she would add to the debate:



CLIMATE CHANGE

"Although it's come up, the level of understanding and detail on this issue is so low from the party leaders that the debate has been at best superficial."

INCOME INEQUALITY

"In the clamouring to play to the middle class in this election, we forgot about poverty. We need to talk about the growing gap between the wealthiest and the poorest Canadians. The 86 wealthiest families have the same combined wealth as the 11.4 million Canadians at the bottom of the income pyramid. That's pretty shocking."

TRUTH & RECONCILIATION

"I'm wearing the pin from the Truth and Reconciliation Commission so that, throughout this entire campaign, every day I don't forget to raise these issues. I raised them in the two debates that I was included in, and I was the only leader to raise (it) in both of those debates."

ROB KRUYT/FOR METRO

CLUB DEAD

Next up for May: The great Canadian mystery novel

When she's not trying to save the world from climate change or investigating secret trade agreements, Green party Leader Elizabeth May wants to create some mysteries of her own.

"I'm a fan of mystery novels," reveals May, who just might be best-selling Canadian author Louise Penny's biggest fan. "I've written eight books, but they're all non-fiction. There are huge threats to my kids and grandkids right now. Until those are resolved, I'm going to stay in politics and I'm going to write non-fiction. But I would love to write fiction."

So without a hint of hesitation, May shared with Metro the first line of her would-be mystery novel, Club Dead:

"The paradise escape vacation had been on her bucket list for as long as she'd had one — but she had not planned it as a terminal trip."

May, giddy with delight, outlines the plot:

"It's going to be a mystery of figuring out whodunit, right? Of course, a place like the fictional Club Med in my Club Dead novel will not be wanting vacationers to know there's something wrong. Like, it was an 'accident' with the scuba equipment, the guy who just died on excursion, and they kind of just shush it up. And when someone gets food poisoning and dies at the buffet, well, did they know the person who just died in the scuba accident? Hmm.

"As the deaths pile up and the core vacation enterprise keeps keeping it quiet, there is one vacationer — of course, she's a police officer from Vancouver taking her first vacation in years — and she starts figuring out that something is amiss."

So keep your eyes peeled, because it looks like someone wants to add an Agatha Award to her Order of Canada.

ROB KRUYT/FOR METRO

READY TO ENGAGE

Metro's coast-to-coast daily election series connects young, urban Canadians to the issues they care about

Political junkie breaks mould of the young voter

ROSEMARY WESTWOOD
in Toronto

Alexander Cohen is late.

He arrives with apologies and the buzzing energy of a 20-year-old who's taken a swig of sweet politics and is hooked.

Cohen has been in a meeting all morning — every weekday morning, lately — plotting to get out the vote on campus (and, as head of the University of Toronto's young Liberals club, the Liberal vote in particular).

This morning's task: how to capitalize on a visit from little-known Stéphane Dion, who was leading the Liberals when today's university students were hitting puberty.

"We're doing a vote mob," he says, which seems to mean a rowdy crowd roaming campus encouraging students to vote in advance polls.

"University students, post-secondary students actually do vote in the same numbers as the general population. So on a university campus, get-out-the-vote is very useful," Cohen notes. That could especially matter in his Toronto riding, hotly contested between the media-personality candidates of the NDP and Liberals (Jennifer Hollett and Chrystia Freeland, respectively). Some MPs are elected by only a few thousand votes, he notes, an outcome that could be swayed by the thousands

of U of T students who will likely cast ballots.

Cohen, raised in a politically savvy Ottawa family, has felt a kinship to politics since he first brought a campaign sign to school when he was a boy (his non-partisan parents wouldn't put it on the lawn).

"What I like about politics is it touches everything," he says. He's curious about how our country is run and says

VOTER PROFILE

Name: Alexander Cohen **Age:** 20
His issues: Housing and public transit

the Liberals' centrist politics match his belief that "the best solutions in this country don't come from the polarized left and right."

The Liberals "have been involved in building this country for years," he says, entrenching official bilingualism, medicare and the Charter of Rights and Freedoms.

And while he had his doubts when Trudeau was named party leader, "we've seen Justin Trudeau grow over the past couple of years," he says.

Cohen praises the party's housing strategy and plans to improve public transit and boost youth employment.

"There's a lot more the government can be doing" for young Canadians, he says. "Is it easier or harder for a young person like me to pay for school, get a place to live and get a job in downtown Toronto than it was in 2006 when Stephen Harper came to office? It's harder."

Still, he admits that young Canadians remain largely overlooked in national politics. The Liberals, in announcing their final platform document, named it after the golden-goose "middle class" — a purely aspirational group for most millennials.

And yet Cohen remains engrossed. The local battle is tight; recent national polls show the Liberals pulling ahead.

"We're on a knife's edge," he says. "We're at a moment right now where so, so much is possible. There's a lot happening, and elections are fun, because they are about possibilities."

Rosemary Westwood is travelling across the country talking to young voters. She'll be in Toronto again tomorrow.

Conservative pot stance 'complete nonsense'

POLICY

Advocates say lives shouldn't be ruined over marijuana use

Jeremy Simes
For Metro | Calgary

Gilbert Ngabo
Metro | Toronto

Stephen Harper's recent comments on marijuana have drawn ire from community advocates and medical users of the drug.

While speaking at a campaign stop in Montreal on Saturday, the Conservative Party leader said cannabis is "infinitely worse" than tobacco.

He insisted his government would continue to apply tough laws against its use, a stance he's maintained even during candidate debates. Keith Fagin, founder and director of Calgary 420 Cannabis Community — an advocacy group that looks to legalize the sale of marijuana through regulation, much like alcohol — said Harper's comments are "complete nonsense."

"It's ridiculous," he said.

Fagin said the government's current drug policy can ruin young people's lives, with some ending up in jail for having a pipe and a bit of residue in it.

"Just because they consume a bit of cannabis doesn't make them bad people," he said. "Kids tell me they feel like they miss out on job opportunities after they get a criminal record for minor incidents."

The Conservatives have long linked the use of marijuana to the increase in risks of mental-health problems. However, medical research on that issue is divided.

Details from a 2014 report on the issue from the Centre for Addiction and Mental Health drew specific conclusions.

While the use of cannabis carries significant health risks — especially for people using it frequently or beginning to use it at an early age — criminalizing it heightens these health harms and causes more social harms, the report concluded.

"At the levels and patterns of use reported by most adult cannabis users, the health risks are modest, significantly lower than tobacco or alcohol," the report said.

BY THE NUMBERS

Which is the baddest habit?

Justin Trudeau wants to legalize recreational use of marijuana, while Stephen Harper says pot's effects are 'infinitely worse' than tobacco's. They can't both be right, can they?

10% of users become addicted

4% of users report problems

Has been linked to **bronchitis** and **cancer**

Hindering **cognitive** and **psychomotor** effects

68% of users become addicted

Between **30% & 50%** of users report problems

37,000 people die each year due to use

Costs health care **$4.4 billion** every year

SOURCE: THE CANADIAN PRESS

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- How to have other people find you HOT DEALS!
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- How to access up to 95% in funding for your income property EVEN if you are deep in debt. And...
- How to earn big cheques even if you never sell your U.S. investment!

Once you start using his system, the profits and passive income are amazing. It's simple to do, and it happens fast when you know his "insider" secrets. And you don't have to quit your job – but you may decide you want to!

- You don't need to open an expensive office.
- You don't need a real estate license
- You don't need to spend a lot of time to start
- You don't even need to travel to the U.S. – but you may want to spend some time in the sun visiting your money-making properties!

And if you have ever wanted to explore real estate investing, but were concerned about the high prices and bloated GTA market, then you're going to love this FREE training!

This Mystery Multi- Millionaire's system lets you get profit-generating properties – in major U.S. tourist areas – for less than 5% down!

This event deserves your attention, and here are just a few more reasons why you need to attend:

- The plunging Canadian dollar makes for uncertain economic times...you need to take control of your life NOW.
  - — Average Canadian is $124,838 in debt with over $10,000 in credit card debt.
  - — Over 70% of Canadians believe they will have to work past the traditional retirement age.
- Sometimes it isn't what you know, it's who you know – and when you know this Multi-Millionaire you'll also have access to his network of people and funds that can help you succeed in real estate.
- You care about your family, and you want the best for them. This event will open your eyes to all you can really do for the people you love when you are finally the master of your financial success.
- His strategies are for everyone, even if you have absolutely no experience in buying or selling properties.

He has already shown hundreds of people just like you the ways to invest successfully in real estate – especially when the bottom is falling out of their home market – and his students' success just makes his success even greater. He's breaking his back to share his system because it works – and it can work for you.

This will be the best 2 hours of your life, but you have to register to get your seat at this event. Let this Multi-Millionaire give you his step-by-step system for real estate success. Claim your seat now and get a bonus gift, your **Million Dollar Investor Tool Kit for FREE! (A $187.00 value!!)**

You're asking – who is this Multi-Millionaire, and why does he want to help me? He can tell you himself...

If you're working hard these days without enough to show for it, I understand. I used to work hard myself – the 18-hour days – the 7-day weeks. I was a struggling musician – a concert pianist – trying to provide for my 4 kids in Montreal. I got married at 18 and had those 4 kids by the time I was 23, and I wound up a stay-at-home dad (not by choice!). But I never made real money until I discovered the secrets of investing successfully in U.S. real estate – and then I was able to work a lot less.

Once my friends saw how well I was doing, they all wanted to get involved. It's funny – for 6 long struggling years, I had no friends, I was the crazy "black sheep" of the family who always needed to get a REAL job, and suddenly, they were all asking ME for advice!

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— Diana D., Toronto

"I failed at Real Estate by myself, but with this amazing multi-millionaire's help I'm closing on 6 properties and I will have a net cash flow of over $6,000 per month."
— Steeve R., Markham

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"I was afraid to make offers or even talk to people about Real Estate, but Marco made me feel so brave and I did it!, I bought my first house for $170,000 and now it's up for sale for over $220,000. I will make almost $50,000 when it closes." — Lana, Mississauga

"These guys are deal-oriented!"
— Cliff

"Marco is the real deal!"
— Stephen

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Harper to ponder banning the niqab in public service

ELECTION 2015

Claims Tories united with public opinion on matter

A Conservative government would look at banning public servants from wearing the niqab, Stephen Harper told the CBC on Tuesday.

"That's a matter we are going to examine," Harper said in an interview with Power and Politics host Rosemary Barton.

"Quebec, as you know, has legislation on this, and we are looking at that legislation."

Harper said the "vast majority of Canadians" understand the Conservative government's decision to try to ban face coverings at citizenship ceremonies.

The policy, however, has been overturned in the courts.

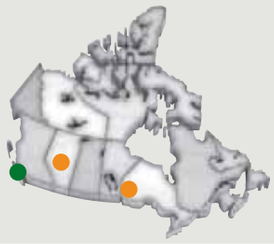
The Federal Court of Canada found the rule unlawful in February, and the Federal Court of Appeal recently upheld the decision.

On Monday, the appeal court also rejected the government's request to put the ruling on hold while Ottawa seeks a hearing at the Supreme Court of Canada.

Justice Johanne Trudel dismissed the government's application for a stay of a Sept. 15 decision that affirmed the unlawfulness of the prohibition on face coverings at citizenship ceremonies.

THE CANADIAN PRESS

WHERE THE LEADERS ARE WEDNESDAY



- **Stephen Harper's** itinerary is not available.
- **Justin Trudeau's** itinerary is also unavailable.
- **Tom Mulcair** will be in Enoch, Alta., Whitefish Bay, Ont., and Kenora, Ont.
- **Elizabeth May** will be in Victoria, B.C.

Conservative Leader Stephen Harper greets supporters before speaking during a campaign stop at Global Systems Emissions Inc. in Whitby, Ont., on Tuesday.

NATHAN DENETTE/THE CANADIAN PRESS

LGBTQ ISSUES

Another Tory gets the boot

The Conservative Party says a candidate in suburban Toronto who defended therapies that attempt to turn gays straight is no longer an official candidate for the party.

Jagdish Grewal, who is running in Mississauga-Malton, wrote an editorial entitled "Is it wrong for a homosexual to become a normal person?" that referred to homosexuality as "unnatural behaviour" and heterosexuals as "normal."

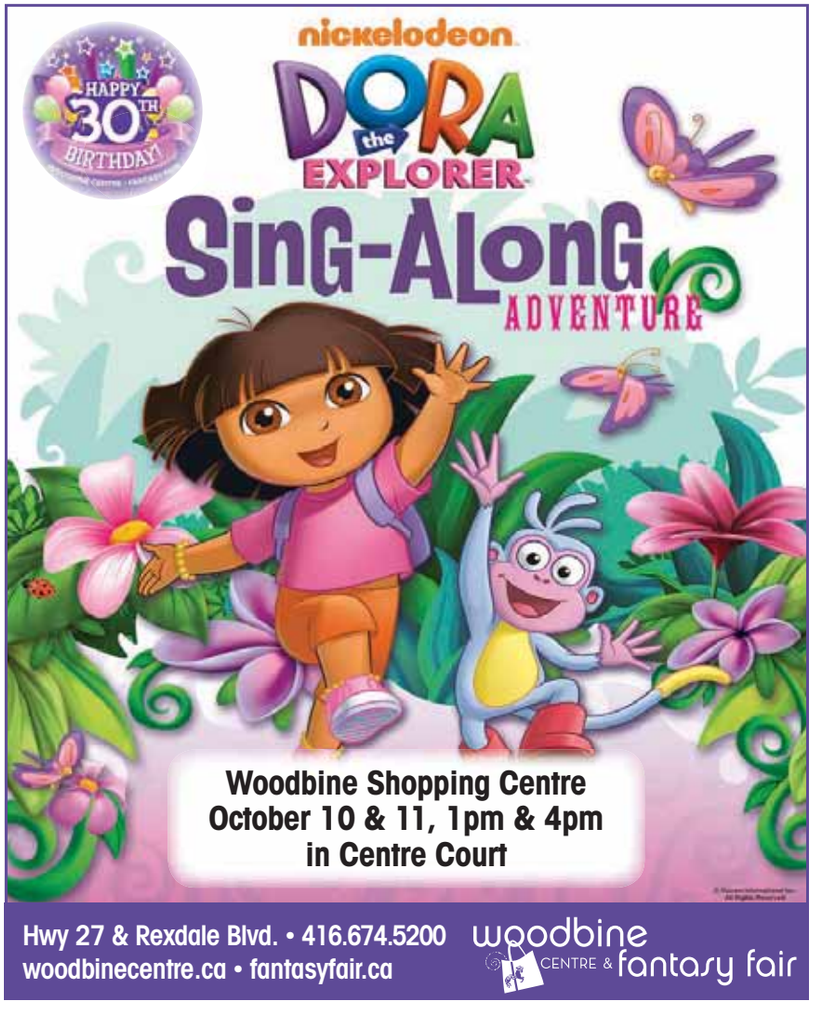
A party spokeswoman said Tuesday night that Grewal's comments "are not reflective of the views of the Conservative Party of Canada."

In Surrey, B.C., NDP Leader Tom Mulcair held a unscheduled media availability late Tuesday to call for Grewal's removal as a candidate.

"Mr. Harper has to fire that candidate," said Mulcair.

Liberal Leader Justin Trudeau also called for Grewal's removal.

THE CANADIAN PRESS



SCIENCE

Neutrino scientists share Nobel Prize in Physics

A professor emeritus at Queen's University in Kingston, Ont. — the former director of the Sudbury Neutrino Observatory in northern Ontario — is a co-winner of the 2015 Nobel Prize in Physics for his work on tiny particles known as neutrinos.

Arthur McDonald, a native of Sydney, N.S., was roused from sleep at about 5 a.m. on Tuesday by a phone call from the Nobel Prize committee telling him the news.

McDonald and Japanese scientist Takaaki Kajita were cited for the discovery of neutrino oscillations and their contributions to experiments showing that neutrinos change identities.

"The discovery has changed our understanding of the innermost workings of matter and can prove crucial to our view of the universe," the Royal Swedish Academy of Sciences said.

The winners will split about $960,000 in prize money. Each winner also gets a diploma and a gold medal at the prize ceremony on Dec. 10.

For decades the neutrino remained a hypothetical particle until American researchers proved that it was real in 1956.

THE CANADIAN PRESS

FREEDOM

Fahmy coming home

A Canadian journalist who fought terror-related charges in Egypt for nearly two years has finally begun his journey home.

Mohamed Fahmy tweeted a photo on Tuesday of himself with Canada's ambassador to Egypt, Troy Lulashnyk, writing: "Canadian Ambassador Troy kindly escorted me to the gate at Cairo airport. A glorious end to our battle for freedom!"

Fahmy and two colleagues were arrested in Cairo in December 2013 while working for satellite news broadcaster Al Jazeera English and faced widely denounced charges.

> **We are grateful that this long ordeal is over.**
> Lynne Yelich, minister of state for foreign affairs

A lengthy legal battle involving two trials and more than a year in prison for Fahmy finally came to an end when he was abruptly pardoned by Egypt's president just over a week ago.

On Monday, Fahmy was told his name was removed from a no-fly list, clearing the way for his departure from Cairo.

Fahmy's first stop is London, where he plans to meet with his high-profile lawyer, Amal Clooney, and take part in a few speaking engagements.

He is then expected to fly to Toronto, where he's said he plans to urge political party leaders to make sure Canada does everything possible to help citizens detained abroad.

Fahmy has also been invited to meet with NDP Leader Tom Mulcair and Liberal Leader Justin Trudeau ahead of the federal election on Oct. 19 and has said he's eager to thank both politicians for their support during his ordeal.

The Conservative government said it was pleased that Fahmy was on his way home at last.

"Canada has worked tirelessly, at the highest levels, on Mr. Fahmy's behalf," said Lynne Yelich, minister of state for foreign affairs.

"We look forward to Mr. Fahmy's return and his reunion with family and friends. We wish him well as he embarks on a new chapter in his life."

After his return to Canada, Fahmy plans to take up a position as an adjunct professor at the University of British Columbia's school of journalism in Vancouver. He is also writing a book about his experiences.

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Turkey offered bonuses

metro The Syrian Crisis
The action plan

The European Union is ready to offer Turkey new incentives to better tackle the Syrian refugee crisis, including money, the easing of visa restrictions and better intelligence sharing.

The offer came in an action plan unveiled Tuesday, which in exchange would see Turkey improve its asylum and documentation procedures and beef up border security. Around two million refugees from Syria are currently in Turkey.

The Draft Action Plan was presented to Turkish President Recep Tayyip Erdogan during his two-day visit to Belgium and the EU but has yet to be officially accepted by Turkey.

It doesn't address demands made by Erdogan for Turkey's EU membership process to move ahead more quickly. Nor does it directly address calls he made for European backing for a safe haven and no-fly zone around Syria's northern border, which he said are key to ending the refugee crisis.

THE ASSOCIATED PRESS

Flood ruins homes

SOUTH CAROLINA

Historic rainstorm blamed for at least 17 deaths

Floodwater covers a swing set in Effingham, S.C., on Tuesday. GERRY BROOME/THE ASSOCIATED PRESS

The family of Miss South Carolina 1954 found her flood-soaked pageant scrapbook on a dining-room floor littered with dead fish on Tuesday, as the first sunny day in nearly two weeks provided a chance to clean up from historic floods.

"I would hate for her to see it like this. She would be crushed," said Polly Sim, who moved her 80-year-old mother into a nursing home just before the rainstorm turned much of the state into a disaster area.

Owners of inundated homes were keeping close watch on swollen waterways as they pried open swollen doors and tore out soaked carpets.

So far, at least 17 people have died in the floods in the Carolinas, some of them drowning after trying to drive through high water.

Sim's mother, known as Polly Rankin Suber when she competed in the Miss America contest, had lived since 1972 in the unit, where more than three feet of muddy water toppled her washing machine and turned the wallboard to mush.

"There's no way it will be what it was," said Sim. "My mom was so eccentric, had her own funky style of decorating; there's no way anyone could duplicate that. Never."

Tuesday was the first dry day since Sept. 24 in South Carolina's state capital, where a curfew was in effect. But officials warned that new evacuations could come as the huge mass of water flows toward the sea, threatening dams and displacing residents along the way.

Of particular concern was the Lowcountry, where the Santee, Edisto and other rivers make their way to the sea. Gov. Nikki Haley warned that several rivers were rising and had yet to reach their peaks.

THE ASSOCIATED PRESS

SOUTH AFRICA

Family of Pistorius speaks out

Oscar Pistorius' family criticized South African authorities on Tuesday for delays in deciding whether he should be released from jail and moved to house arrest, saying his rights were being "undermined" because of the publicity surrounding his case.

The family also reacted to parole officials' recommendation that the double-amputee runner undergo psychotherapy, saying he was already receiving "regular and ongoing" psychotherapy from both his personal and prison psychologists.

The Pistorius family spoke out in a written statement after his early release — which had been granted in June — was cancelled Monday and ordered to be reconsidered.

Pistorius was approved to be released on Aug. 21 after serving 10 months of his five-year manslaughter sentence for killing girlfriend Reeva Steenkamp. He would have been moved from jail after one-sixth of the sentence to serve the remainder at home.

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Most not ready for rate hike

PERSONAL FINANCE

Survey finds 16% couldn't pay $500 more in mortgage

Nearly one in six Canadians would not be able to handle a $500 increase in their monthly mortgage payments, a new survey from the Bank of Montreal suggests.

According to the bank, 16 per cent of respondents said they would not be able to afford such an increase, while more than a quarter, or roughly 27 per cent, would need to review their budget.

Another 26 per cent said they would be concerned but could probably handle it.

Such an increase would be generated in the case of a three percentage point hike in interest rates — from 2.75 per cent to 5.75 per cent — on a $300,000 mortgage with a 25-year amortization period.

The report by BMO's Wealth Institute found that almost half of Canadians, 47 per cent, believed that the high level of debt in Canada has been influenced by soaring real-estate values, while 40 per cent believed it has been influenced by low rates.

BMO noted that when interest rates are low, it is a good time to make aggressive principal repayments on loans. Its survey found that 35 per cent of respondents are looking to pay down their mortgage sooner.

"However, statistics have shown that debt service rates have not changed very much from the early 1990s, when interest rates were much higher," the report said.

"It appears that many Canadians have used low interest rates to get larger loans on more expensive houses rather than to aggressively repay their debt."

THE CANADIAN PRESS

BMO's Wealth Institute says many believe soaring real-estate values have influenced high levels of debt.
THE ASSOCIATED PRESS FILE

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DATA STORAGE

U.S. servers not safe, court says

Facebook and thousands of other companies could find it vastly more complicated to do business in Europe after a court ruled that personal data sent to U.S. servers is potentially unsafe from government spying.

Some 4,500 companies have long been able to store users' personal data — everything from status updates and photos, to personal information like bank details and home addresses — where they see fit, often in the U.S. That could change after Europe's top court on Tuesday declared invalid a 15-year-old pact allowing the unfettered transfer of personal data outside the European Union's 28 countries.

The case was brought by an Austrian law student in the wake of revelations by former U.S. National Security Agency contractor Edward Snowden of the extent of the NSA's surveillance programs. Max Schrems complained that U.S. law doesn't offer sufficient protection against surveillance of data transferred by Facebook to servers in the United States.

The verdict opens up the possibility that European regulators will be inundated by complaints by consumers who do not want their data stored in the U.S. That would make it difficult for companies operating in Europe to do business.

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A paper in the journal Science has raised hackles for suggesting the food guide should account for the environmental impact of our choices. Food industry reps dismiss it as political overreach.

URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION

I am a student at one of Canada's top universities and I just got a disturbing mass email from my history professor. I'm in awe of all the grammatical and punctuation errors. Am I being a snob?

Dear Ellen,
I am a student at one of Canada's top universities and I just got a disturbing mass email sent out to the whole class from my history professor. I'm in awe of all the grammatical and punctuation errors. Am I being a snob? Is that wrong?
Rufus in Vancouver

Dear Rufus,

Coincidentally, I just heard a story from a relative in Winnipeg about a disturbing grammatical incident in an operating room. A teenager named Forbes was getting a couple of screws put into his tibia to repair a badly broken leg. As he was going under, he asked the anesthesiologist about a sheet suspended from a bar above his chest. "Is that so I can't see what's happening?" Forbes asked. "Probably," said the anesthesiologist. Forbes felt his concern rising. "Because I really don't want to see this," he added. The anesthesiologist shrugged: "It don't matter."

Forbes was almost unconscious at this point — but sheer disbelief evoked a superhuman effort to remain alert. Did this medical doctor, who was a native English speaker and who was presumably university-educated and who was in charge of calibrating a chemical cocktail that could turn Forbes' teenaged brain into perma-mush, just say, "It don't matter"?

Clinging to his last shred of consciousness, Forbes slurred out a correction: "Donshew minn it *dushent* matter?" The last thing he remembers is the OR erupting in laughter.

Unfortunately, Forbes' distrust of the badly spoken anesthesiologist was borne out when, not having been given enough gas, he woke up in the middle of the procedure and then, after the doc administered too much compensatory gas, he puked his guts out in post-op.

I hesitate to draw a direct line between bad grammar and life-threatening incompetence and I definitely do not subscribe to the elitist attitude that perfect grammar is a must for everyone. Clear communication is vastly more important than slavishly following rules. To the extent that such rules are useful at all, it's insofar as they transmit meaning clearly. And being a snob about language is the antithesis of both clear communication and good manners.

But if there is a time and a place for proper grammar, surely it's among expensively trained, highly trusted medical professionals and academics.

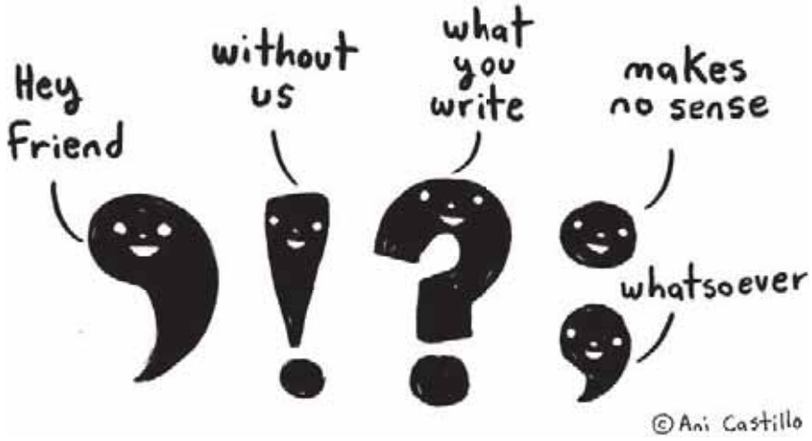
If you're at a top university, Rufus, you (or your parents) have probably spent a small fortune on tuition, books, supplies and room and board, and it's reasonable, and in no way "snobby," to expect your teachers to be at least as respectful of written communication as you are. You're at university to learn how to think critically, with precision and subtlety. Proper grammar and punctuation are essential tools used to achieve precision and subtlety. How can you learn from someone who doesn't seem to know this?

As it is, your professor's sloppily written email indicates sloppy thinking. It's possible he or she is learning disabled, or dyslexic, or the email was written under duress while your professor was being held captive and is actually a carefully coded cry for help — in which case we'd love to hear the whole story, grammatical or otherwise. But, barring the kidnapping scenario, there's no excuse for not asking someone else to edit communiqués before inflicting them on impressionable students. Personally, I'd be tempted to send the professor a corrected version of the email and then ask for a refund on that particular course.

But let us not forget the lesson of the ungrammatical anesthesiologist. You may not want to risk being subjected to the academic equivalent of too much or too little surgical-strength ketamine on your pliant young brain.

My advice is that you fill out the online survey that university students are asked to complete these days. Be fair, and polite, but detailed in your description of any and all sloppy emails sent out by any and all instructors.

And, seriously, when else will you ever get the chance to pen a (supposedly) Churchillian and deliciously ironic phrase such as: "This kind of grammatical offence is something up with which I will not put"?



Clear communication is vastly more important than slavishly following rules.

Need advice?
Email Ellen:
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metroview

Here's why farmers are turning against the Conservatives

Laura Boyd-Clowes
For Metro

Farmers have traditionally been reliable supporters of Stephen Harper's Conservative government.

But that's changing. In the past five years, more and more farmers have turned against the prime minister. A farmer in Brantford, Ont., recently went so far as to mow the message "Anybody But Harper" into one of his fields.

The reason for the backlash is simple: the current government has demolished the precious little security of Canadian farmers' livelihoods.

One of the worst attacks on farmers was when the government handed the Canadian Wheat Board to Saudi- and U.S.-based firms, against wheat farmers' wishes.

Canadian wheat growers now face uncertain competition in global marketplaces. Probably only the largest operations will be able to survive.

What's more, Harper's been responsible for many devastating cuts to agricultural research, leaving farmers without the knowledge they need to do their jobs — and grow our food. Shouldn't a federal government make that a top research priority?

Canadian farmers are also worried about the decision by Harper to sign the Trans-Pacific Partnership (TPP) — a free-trade agreement intended to improve Canada's economic relationships with other countries along the Pacific, including the U.S., Australia, Japan and Chile. Dairy farmers have been demonstrating against the TPP, which they say jeopardizes their livelihoods.

Because the agreement means more imported dairy, they fear overseas producers will out-compete Canada's own suppliers. Profits are already so low, many small dairy farms across the country have been forced out of business.

If larger international companies manage to undercut Canadian prices, this will make it even harder for our farmers to make a decent living. Small, independent farmers will be increasingly contributing to unemployment statistics.

There is a not-so-hidden message behind Harper's actions: the Conservatives know what is best, so we should all just shut up about it.

Farmers understand what's best for themselves. Working with plants, animals and machinery in increasingly unpredictable weather, overcoming obstacles and improving margins requires practical, scientific thinking.

Farmers have to be skilled at observation. So when they say, "These policies will not work for us," they've observed the results of similar policies elsewhere and seen that they haven't worked for farmers there.

No matter whether you're urban or rural, or what your job is, as long as you eat, you should be worried. The livelihoods of small farmers, and by extension the sovereignty of our food system, depends on voters to reverse the damage Harper's government has done.

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Ellen Page could reprise Julia Roberts' role in the 1990 sci-fi thriller Flatliners

RECIPE EXCERPT

Almond-Crusted Trout and Ginger Rice Pilaf

Quantity: 4 servings
Prep time: 30 minutes
Cooking time: 6 minutes
INGREDIENTS
- 2 Tbsp butter
- 1/2 cup finely chopped yellow onion
- 2 Tbsp fresh ginger, peeled and finely chopped
- Salt and freshly ground pepper, to taste
- 1 cup long-grain white rice
- 2 cups chicken stock
- 1 1/2 lbs trout

For the crust:
- Zest and juice of 1 lime
- 1 to 2 tsp sriracha sauce, to taste
- 1/4 cup finely chopped fresh cilantro
- 1/3 cup panko bread crumbs
- 1/3 cup almond flour
- 1/3 cup mayonnaise
- Salt and freshly ground pepper, to taste

STEPS
1. Preheat the oven to 400 F.
2. Melt the butter in a pot and cook the onion and ginger together until soft, about 5 minutes. Season with salt and pepper.
3. Add the rice and cook for 2 more minutes, stirring often.
4. Add the chicken stock and bring the mixture to a boil.
5. Reduce the heat, cover and cook for 15 to 20 minutes or until the rice has absorbed all the stock. Adjust the seasoning.
6. Arrange the trout on a baking sheet, season with salt and pepper, and set aside.
7. In a bowl, combine all the crust ingredients. Season with salt and pepper, and then spread the mixture over the trout fillets.
8. Bake in the oven for 5 to 6 minutes, and then broil until the crust turns lightly golden brown.
9. Serve with the rice pilaf.

A healthy obsession

Trout gets a flavour boost with a tasty panko crust. ALL PHOTOS AND RECIPES ARE TAKEN FROM THREE TIMES A DAY BY MARILOU AND ALEXANDRE CHAMPAGNE. REPRODUCED WITH PERMISSION FROM HOUSE OF ANANSI PRESS, HOUSEOFANANSI.COM. AVAILABLE FROM YOUR LOCAL BOOKSELLER OR FROM HOUSEOFANANSI.COM.

COOKBOOK

After battling anorexia, Marilou blogged her way back to eating well

Melita Kuburas
Metro | Canada

Food is culture. Food is nutrition. Food is friendship.

Increasingly, food has also become an obsession, with many of us photographing and posting our pretty plates, proselytizing about "eating clean" or the health benefits of hemp seeds, kombucha, or sacha inchi — examples of my own recent fetishes.

For Marilou, a French-Canadian singer and blogger whose cookbook Three Times a Day comes out on Saturday, food used to be something to fear.

"Food was kind of an enemy because it would make me become fat. It was the only thing I could feel around food," says Marilou, who battled anorexia for about five years. Her eating disorder started when she was 16 and left her physically and emotionally spent.

"I loved eating but I couldn't enjoy it. I was really obsessed. I was only thinking about that, even if I was at a movie or with friends or with family," says the 25-year-old, who goes only by her first name.

"I knew that I wanted children and so I knew that I wouldn't be able to continue my life like that and be the woman that I wanted to become."

Marilou is now expecting a child with her husband and collaborator, Alexandre Champagne, 30.

Together they started the blog TroisFoisParJour.com on the heels of Marilou's recovery, in part as a way to share her experience with the thousands of young women who started reading. Since its launch in 2013 the blog has attracted 400,000 followers, and last year's French-language print of the cookbook has sold 200,000 copies.

Champagne's background as a portrait photographer translates into the esthetic of the cookbook, where the meal is his muse. He combines his love of vibrant colours with an earthy backdrop — meaning the meals are pictured against distressed wood, burlap placemats and chipped vintage china.

Diversity is a strong point, with recipes that range from the economical (a simple Pulled Pork Tacos and Almond-Crusted Trout) to the more involved (a gorgeous Cream of Beet and Almond Butter Soup and My Favourite Chocolate Cake).

In this book, food is a gift — quite literally. Seventeen of the recipes are categorized as such. The Spiced Lentil and Barley Soup can be assembled in a pretty jar with a ribbon tied on, as can the six different kinds of pestos, the recipes for which are displayed in a two-page infographic.

Even with a new appreciation of food, Marilou admits she is still influenced by her past when it comes to the recipes she includes in her work.

"I'm a different person because of what I've been through. So, yes, I was inspired by my condition," Marilou says.

"And while it's good is to eat healthy food, (it's also OK) to eat desserts once in a while."

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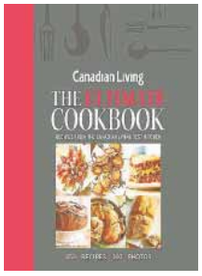
RECIPE EXCERPT CANADIAN LIVING: THE ULTIMATE COOKBOOK

Smoked brined turkey



To celebrate 40 years of Canadian Living, the magazine's test kitchen has published a cookbook of more than 300 recipes: from appetizers to desserts and everything in between.

With Thanksgiving this weekend, Metro excerpts a recipe for brined turkey cooked on the barbecue.

For people who have packed their grill away for the season, the same recipe can easily be duplicated in the oven.

Cooking your turkey on the barbecue keeps your oven free for other dishes. For best results, do not use a bird larger than 6 kg on the barbecue. You'll need about 2 1/2 cups applewood chips; soak them in water for an hour before using.

Hands-on time: 50 minutes
Total time: 16 hours
Makes: 12 to 15 servings

INGREDIENTS
Brined Turkey:
- 1 1/4 cups coarse salt
- 1/2 cup packed brown sugar
- 5 cups boiling water
- 1 orange
- 1 lemon
- 6 cloves garlic, crushed
- 2 Tbsp whole allspice
- 1 Tbsp black peppercorns
- 6 bay leaves
- 11 cups ice water
- 1 whole fresh turkey (4.5 to 6 kg)
- 3 Tbsp olive oil

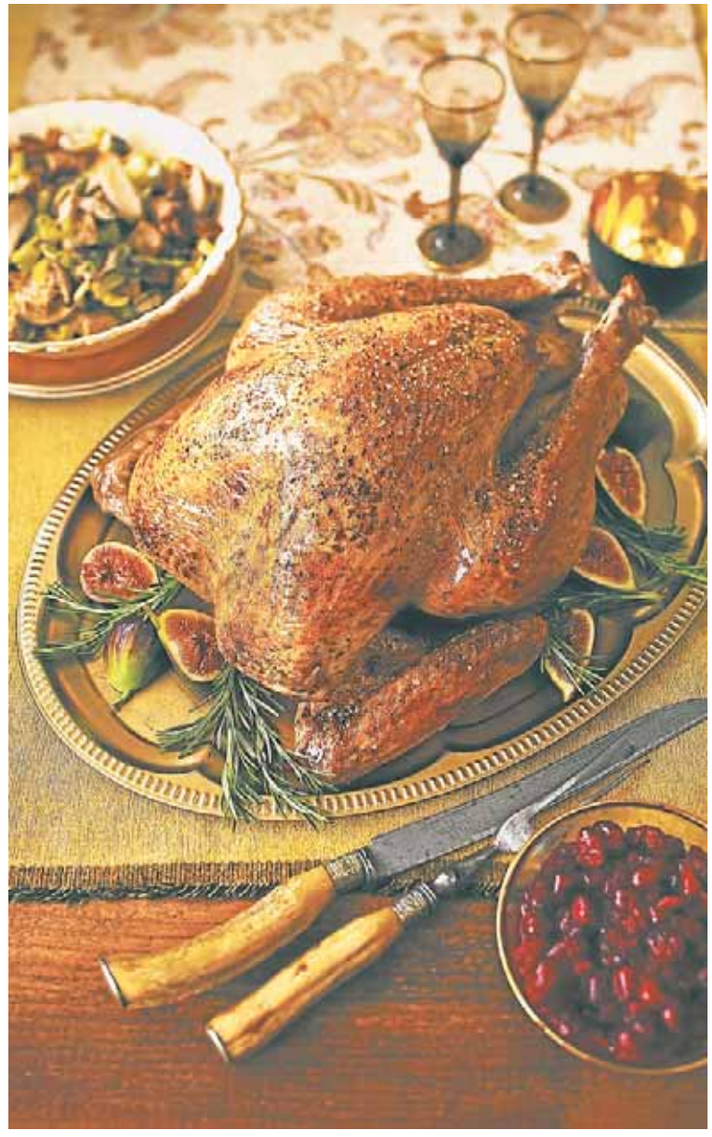
Gravy:
- Chicken broth (optional)
- Unsalted butter (optional), melted
- 1/3 cup all-purpose flour
- 1/3 cup dry white wine
- Pinch pepper

DIRECTIONS
Brined Turkey:
In large saucepan, dissolve salt and sugar in boiling water. Peel zest from orange and lemon; squeeze juice into bowl. Add orange and lemon juices and zest to pan. Add garlic, allspice, peppercorns and bay leaves. Let cool slightly. In large stockpot placed inside cooler or large bucket, combine brine mixture with ice water. Let cool completely, about 1 hour. (Make-ahead: Cover and refrigerate for up to 3 days.)

Remove neck and giblets from turkey; set neck aside for gravy. Discard giblets. Add turkey to brine; cover and refrigerate for 12 to 15 hours.

Heat 1 burner of 2-burner barbecue or 2 outside burners of 3-burner barbecue to medium. Seal soaked applewood chips in heavy-duty foil; poke several holes in top. Place over lit burner(s) or directly on coals. Remove turkey from brine and rinse in cold water. Discard brine. Pat turkey dry inside and out. Place on greased rack in roasting pan; add reserved turkey neck to pan. Brush turkey all over with oil. Place pan on grill over unlit burner with legs facing centre of grill.

Close lid and cook, basting occasionally and covering loosely with foil if browning too quickly, until instant-read thermometer inserted in thickest part of breast reads 170 F (77 C) and juices run clear when meat is pierced, 2 1/2 to 3 hours. Transfer to cutting board; cover loosely with foil and let rest for 30 minutes before carving.



Gravy:
Remove neck from pan; set aside. Pour juices in cavity into heatproof liquid measure. If necessary, add enough chicken broth to make 3/4 cup. Drain all but 1/4 cup fat from pan, adding butter if not enough fat remains; cook over medium heat for 1 minute, scraping up browned bits from bottom of pan.

Add flour; cook, stirring, until slightly darkened, about 3 minutes. Add wine and reserved turkey juices. Stirring constantly, slowly add 2 1/2 cups water and bring to boil. Add neck and pepper; cook over medium heat, stirring constantly, until thickened, 7 to 10 minutes, adding more water to thin, if desired. Strain and serve with turkey.

Nutritional Information, per each of 15 servings: about 263 cal, 44 g protein, 12 g total fat (3 g sat. fat), 3 g carb, trace fibre, 152 mg chol, 463 mg sodium, 583 mg potassium. % RDI: 2% calcium, 9% iron, 2% vit C, 9% folate.

VARIATION

Oven-Roasted Brined Turkey
Roast turkey in 325 F (160 C) oven, basting occasionally and covering loosely with foil if browning too quickly, until instant-read thermometer inserted in thickest part of thigh reads 170 F (77 C), 2 1/2 to 3 hours.

RECIPE FROM THE CANADIAN LIVING ULTIMATE COOKBOOK, $44.95, COPYRIGHT 2015 JUNIPER PUBLISHING.

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Bring your A-game to the holiday table

ETIQUETTE

If you're into tradition, here are old-school manners tips

Theresa Albert
For Metro Canada

Holidays are rife with protocol and manners that you may just be breaking.

Do you know when it is rude to bring food or flowers to a host? That's right; your quick, kind stop at the flower shop may be working against you.

The new book Which Fork do I Use? (Burns Rosemarie and Reed, Linda, Manners Simply, 2014 $24.95 available online at mannerssimply.com) is laid out beautifully enough to be a gift itself. Which begs the question of whether this gift would be rude, hmmm.

Did you know:

• Food only moves in one direction when passed at the table. Everything from the bread basket to the turkey platter should always travel from left to right in a counter clockwise direction.

• When eating soup, it is OK to lean forward slightly but do not blow. Wait until it cools enough to consume and use your spoon to scoop from the top or the edges where it is likely to be cooler. Fill spoon only 3/4 full and scoop away from you. Tilt the bowl away from you if need be and tap the edge of the spoon against the rim furthest from you to level off any drips. When you're done, place the spoon in the "I'm finished" position with the bowl facing 4 o'clock across the dish.

• Bread should be placed on the side plate or the rim of your dinner plate if no side plate is available. Small pieces should be ripped from your own slice or roll and buttered on the plate. Never butter in mid-air or in your hand. (This is North American style, in France, for instance, bread goes on the table cloth and it isn't spread with butter.)

Don't spoil a beautiful Thanksgiving dinner with bad manners. ISTOCK

• When enjoying the main meal, it is considered rude to cut more than one bite at a time. Use your fork and knife (properly!) to slice one small bite-sized piece at a time and chew and swallow it.

• Coffee cups must be held by the handle, not cradled in the hands like a mug.

• Never push your plate away from you when finished — this is considered pretty rude. Instead, use the "I'm finished" signal by placing your fork and knife together in a 4 o'clock position.

• Crunching your napkin and tossing it into your finished plate whether it is paper or cloth is rude. Fold when you are finished and place to the left of your setting.

Of course, the key and critical tip is now and has always been "don't talk with your mouthful."

The truth is, that's just gross. Nothing you have to say is so important or entertaining that it will overcome the ick factor of seeing your food all chunked up and flopping around your maw. (Or worse, falling out.)

Theresa is an on-camera food and health expert, nutritionist and writer who loves to spread the word on food

No purchase necessary. One entry per person, per day. Contest open to residents of Toronto ON, who have attained the age of majority in their province of residence at the start of the Contest Period. Odds of winning depend on the number of eligible entries received. Twenty five (25) prizes are available to be won consisting of a double pass to a screening of Beeba Boys on October 14, 2015. Approximate retail value of each prize is $25 CDN. Each selected entrant must correctly answer, unaided, a mathematical skill-testing question to be declared a winner. Contest Period opens at 12:01 am ET on October 6, 2015 and closes at 11:59 pm ET on October 12, 2015. To enter and for complete contest rules go to www.clubmetro.com.

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Chefs cook up new Thanksgiving ideas

TRENDS

From seafood to spicy chili stuffing, food pros twist traditions

Planning to serve turkey, mashed potatoes and carrots yet again for Thanksgiving?

While a roasted bird and all the trimmings are traditional classics, others opt for an unconventional approach.

At Chef Anna Olson's gathering, seafood will be on the menu.

"Something we've learned is: Guess who buys seafood on Thanksgiving weekend? No one. So you often get great sales," says Olson in an interview from her home in Ontario's Niagara region.

The menu might include king crab, lobster or shrimp. She oohs and aahs over the idea of seared scallops with brown butter sauce along with celery root purée and wilted greens like Swiss chard or kale.

For Jeremy Charles, hunting season brings with it such choices as moose, rabbit, partridge and grouse. "It keeps it a bit more exciting instead of just having turkey — which I do enjoy, mind you," says the head chef at Raymonds Restaurant in St. John's, N.L.

If home cooks are cooking turkey, he advises focusing on getting it right. "Ninety per cent of people overcook their turkey," says Charles.

"Being able to cook the protein separately — whether it's a partridge or a grouse or a turkey — it really helps with the end product, for sure."

Charles breaks down the carcass and cooks the pieces individually. He likes poaching the breast, which renders out fat while keeping in the moisture. "Then I sear it in a pan to get a caramelization and beautiful colour and then you're left with a lovely product."

Chef Jeremy Charles likes to break with the turkey tradition by serving partridge or grouse for Thanksgiving. THE CANADIAN PRESS

Lynn Crawford advocates brining turkey before roasting.

"Not only does it season the turkey, but you can infuse so much more flavour into the bird and it stays moist. It's foolproof," says the Chopped Canada judge.

"So all those wonderful aromatics that you want to infuse the turkey with — if it's apples and cinnamon and rosemary and stout with maple syrup — you can get all that in there."

You need a container large enough to submerge the turkey in the brine and ice for up to 24 hours — a clean cooler or plastic bin works. The ice keeps the turkey at a safe temperature.

When it comes to flavour combinations for stuffing, the sky's the limit.

"Traditionally my dad always did pork sausage, sage and onions and that's a classic. I love that," says Crawford, who also suggests sweet corn, leeks and spicy chili; roasted fall fruits, ham hocks and sauerkraut; or a vegetarian version using mushrooms.

> **When you need to add that little 'something something' to make your gravy that much better, a spoonful of caramelized onions just takes it to the next level.**
>
> Chef Anna Olson

Olson, who hosted Bake with Anna Olson and Sugar on Food Network Canada, keeps side dishes light to counter the richness of the other food.

Instead of a potato gratin or scalloped potatoes laden with cream, milk and cheese, try boulangere potatoes: layers of sliced potatoes and caramelized onions with stock that can bake alongside the turkey.

She keeps flavour builders like caramelized onions and roasted garlic on hand to boost fall dishes, like gravies and sweet potatoes.

THE CANADIAN PRESS

CARAMEL UPSIDE DOWN CAKE

Caramel apple layer:
- 3 apples (Granny Smith, Mutsu or Cortland), peeled, cored, each cut in 8 wedges
- 30 ml (2 tbsp) water
- 15 ml (1 tbsp) lemon juice
- 250 ml (1 cup) sugar
- 50 ml (1/4 cup) unsalted butter

Cake:
- 50 ml (1/4 cup) unsalted butter, room temperature
- 125 ml (1/2 cup) sugar
- 125 ml (1/2 cup) packed dark brown sugar
- 4 eggs, room temperature, separated
- 75 ml (1/3 cup) sour cream
- 5 ml (1 tsp) vanilla extract
- 300 ml (1 1/4 cups) all-purpose flour
- 5 ml (1 tsp) baking powder
- 2 ml (1/2 tsp) ground cinnamon
- 1 ml (1/4 tsp) salt

Method:

Preheat oven to 180 C (350 F). Grease a 23-cm (9-inch) cake pan and place it on a parchment-lined baking tray.

Caramel Apple Layer:

1. Arrange apples tightly together in bottom of prepared pan. Pour water and lemon juice into a small saucepot, then add sugar and butter.
2. Bring mixture to a boil without stirring and continue to boil, occasionally brushing sides of pot down with water, until it is a rich caramel colour, 4 to 6 minutes.
3. Remove pot from heat and pour caramel over apples, coating them as much as possible. Set aside.

Cake:

1. In a bowl, beat butter, sugar and brown sugar together. Add egg yolks, sour cream and vanilla and beat until blended.
2. In a separate bowl, sift flour, baking powder, cinnamon and salt and stir into butter mixture.
3. In another bowl, whip egg whites until they hold a soft peak. Fold into cake batter in 2 additions.
4. Scrape batter over top of apples and spread evenly.
5. Bake cake for about 45 minutes, until a tester inserted in centre comes out clean.
6. Let cake cool for 30 minutes. Run a knife around inside edge of cake pan and place a serving plate over top of pan. Flip cake over and lift pan off, revealing caramel apple top.

SOURCE: BACK TO BAKING BY ANNA OLSON (WHITECAP BOOKS, 2011)

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LIQUID ASSETS

Rhône Valley: Gateway wine to famed French reds

Peter Rockwell
For Metro Canada

French wines travel with a lot of baggage.

There are the old wives' tales that they're all expensive, can only be drunk with food and, worse, that you have to be some kind of wine expert to truly enjoy them.

All are baloney. While France does produce some of the priciest juice on the planet, and they all make a great pairing with the appropriate cuisine, the country creates a wine for every palate and the vast majority can be drunk right out of the bottle.

Though the light, fruity wines of Beaujolais are often considered the liquid gateway into French wines, I recommend starting in the Rhône Valley, especially if you've trained your taste buds on juicy, New World red wines.

The Les Dauphins 2013 Côtes du Rhône Réserve ($12.95–$14.99) is a Grenache-led red made with grapes from the southern part of the region.

With its cool, retro label and vibrant, ripe berry flavours, it's a wine that will have even old wives rethinking their stand on French wines.

Prices reflect the range across the country. Some products may not be available in all provinces.

FOOD BRIEFS

Mexican nun joins cooking show to save her order

A plain-spoken Mexican nun has become an unlikely television star while trying to save her congregation from mounting debts.

Sixty-eight-year-old Florinda Ruiz Carapia, better known as "Hermana Flor," is one of five finalists on Mexico's version of Master Chef, a program in which contestants compete for a 1-million-peso ($78,000) prize.

That would at least make a dent in the approximately seven-million-peso debt that her order, the Congregation of the Passion of Jesus Christ, owes for loans it took out to build or expand schools, according to Alejandro Esquivel, producer of the TV Azteca show.

Hermana Flor is among the five finalists. With only three weeks left till the finale, she has proven so popular that Esquivel is a little worried about the potential backlash if the nun doesn't win. A panel of professional chefs judges the contestants on the taste, presentation and speed of their dishes.

THE ASSOCIATED PRESS

Go Back to the Future with Pepsi

RETAIL

Marty McFly's drink of choice up for sale on Amazon

Cristabelle Tumola
Metro | New York

Collectible bottles of Pepsi Perfect will start selling on Oct. 21 for $20.15 US each. HANDOUT

Back to the Future II may have been more fiction than reality now that it's 2015 (we're still waiting on an actual hoverboard), but one of the film's creations is coming to life.

Pepsi announced this week that it is coming out with Pepsi Perfect — the famous soda Marty McFly orders in the second instalment of the trilogy.

"Pepsi fans asked and we heard them loud and clear," said Lou Arbetter, senior director of marketing for PepsiCo, said in a statement.

"The Back to the Future trilogy was as big a moment in pop culture history then as it is now, 30 years later. We are excited to be part of this moment and to bring fans something only Pepsi could deliver — and there's no need to wait: the future is now!"

There will only be 6,500 bottles of the drink available to purchase online via Amazon starting on Oct. 21 while supplies last.

Although each 16.9-ounce drink will be outfitted in a special collectible case, they'll contain regular Pepsi. Each will also cost a lot more than your average soda at $20.15 US per bottle.

Away or busy on October 19?

You can vote in advance.

If you're ready to vote early, you can vote at your advance polling place between October 9 and 12, from noon to 8:00 p.m.

Or you can vote at any Elections Canada office across the country any day until **October 13** at 6:00 p.m.

For all voting locations, check your voter information card, visit **elections.ca** or call **1-800-463-6868 (TTY 1-800-361-8935)**.

Elections Canada has all the information you need to be ready to vote.

Ready to vote
October 19, 2015

Elections Canada

American Horror Story: Hotel check-in

PREMIERE

New season with Lady Gaga promises to be freakiest yet

Brian Gasparek
For Metro Canada

Lady Gaga plays a nymphomaniac-vampire-fashionista in American Horror Story: Hotel.
CONTRIBUTED

The Fall TV schedule is about to get a whole lot creepier this evening. Tonight marks the season premiere of the fifth instalment in the American Horror Story anthology, American Horror Story: Hotel.

The newest chapter in the series promises to introduce us to another cast of terrifying characters that will most certainly haunt our living rooms for the next few months. This time around, they happen to be murderous, freaky hotel-dwellers and junkies.

The show will most likely scare our pants off, but based on all of the information that's emerged, it sounds like it's going to be incredible.

Here are seven cool facts that you should know about American Horror Story: Hotel.

1. If you thought the previous seasons were freaky...

The first four instalments in the AHS anthology completely freaked us out. Let's be honest: We would all have second thoughts now about investigating haunted houses, old asylums, potentially witch-filled boarding schools and evil circuses. But apparently that was nothing! AHS creators/producers Brad Falchuk and Ryan Murphy promise that American Horror Story: Hotel will be the darkest and scariest chapter yet. We probably shouldn't watch it alone.

2. Lady Gaga is a main character

AHS: Hotel will feature Lady Gaga in her first-ever role as a main character in a TV series. Gaga plays The Countess, the socialite owner of the creepy Hotel Cortez in Los Angeles, where the show takes place. It appears that her character is some sort of nymphomaniac-vampire-fashionista.

3. There will be ties to American Horror Story: Murder House

AHS: Hotel will be interconnected with the series' first instalment, AHS: Murder House. This chapter will feature an appearance by the Murder House, Marcy the realtor and other characters from the first chapter who have ties with the Hotel Cortez.

4. There will be a touch of New Girl

Schmidt will be checking into the Hotel Cortez. New Girl's Max Greenfield has a recurring role in AHS: Hotel as Gabriel, and it is said that the part is an intense departure from his sitcom character. Greenfield lost 30 pounds for the role and is said to have been involved in the most disturbing scene ever shot in the entire AHS anthology. Yikes.

5. It features a big budget

AHS producers opened their wallets for this instalment of the series. AHS: Hotel will feature one of the biggest sets in the anthology's history. It includes a two-storey soundstage, a working elevator and giant staircase.

6. It is based on a real hotel

Ryan Murphy said that a haunted hotel in L.A. called The Cecil inspired this season of AHS. The Cecil (now called Stay On Main) was the site of several murders, suicides and hauntings. It was also the residence of multiple serial killers.

7. Jessica Lange will not be featured

AHS: Hotel will be the first instalment of the series in which Jessica Lange (or her vocal styling) are absent. But several other mainstays will be returning, including Kathy Bates, Chloë Sevigny, Wes Bentley, Matt Bomer, Denis O'Hare, Angela Bassett, Evan Peters and Sarah Paulson.

WATCH IT

All-new instalment
American Horror Story: Hotel premieres tonight at 10 p.m. ET on FX.

Cindy Crawford supports the selfie

INTERVIEW

Model says kids are empowered by snapping pics

Score one for the selfie stick: Cindy Crawford believes those photos of you by you can help boost self-image.

"It's empowering for kids to take their own image in their own hands in a way," she said in a recent interview. "It's a form of self-expression."

But she cautions that they can be both good and bad.

"I certainly think a little guidance is good because when we're young we kind of forget that things might come back to haunt us, she said. "I tell my kids, 'If you have any doubts at all, just check with me first.'

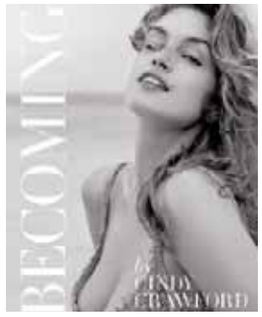
Crawford credits selfies with teaching the masses the secrets to looking good in photographs.

"Every 14-year-old girl these days is a model in their own life because so much of their social media and just their interaction are through selfies. Kids are so much more sophisticated of ... their angle and how they want to portray themselves than I ever was."

Crawford's latest endeavour is Becoming by Cindy Crawford. It's a coffee table book with 150 photographs and anecdotes from her career as she prepares to turn 50 next year.

In a recent interview, Crawford talked about models today and her lookalike daughter Kaia.

You came up in an era where we called models by their first name and called them supermodels. Then there weren't as many. What do you think of models today?
I was really lucky to be in fashion at the time that I was and it was like such a moment for models. ... I think for a while for whatever reason there wasn't that connection to models. But I think this new group of models, Gigi



(Hadid) and Kendall (Jenner), everyone knows them by their first name and I think so much of that is the power of social media. ... They can put out who they are and get their personalities out there, individuality out through their social media and I think that's what fans are loving

Cindy Crawford
THE ASSOCIATED PRESS

Recently people started really noticing your 14-year-old daughter, Kaia, and commenting on her resemblance to you. What's that like?
Since she was little, people have said, 'She looks just like you' and she would say, 'We look nothing alike.' And I think now as she's getting older ... the resemblance is coming out more because, you know, when people started seeing images of me they weren't that much older than the age that she is now. And she's starting to figure out it's not such a terrible thing.

What do you think of Kaia going into modelling? (She recently walked in the Public School runway show at New York Fashion Week.)
I just want her to be a kind person and have work that she loves. ... My husband and I have both been really fortunate that we love our jobs and we would want that for our kids too. In terms of modelling if she wants to do it, I wouldn't dissuade her because it's been great for me.

How are you when you're taking family photos or pictures with friends? Is it hard to turn off the model part of your brain?
I definitely think having been photographed by the Irving Penns and the Helmut Newtons of the world, I'm aware of light and angles. You can't really throw that away, but I also try not to be annoying. Fashion photography is art. When you're just doing snapshots it's a different purpose.

THE ASSOCIATED PRESS

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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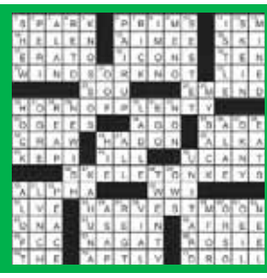

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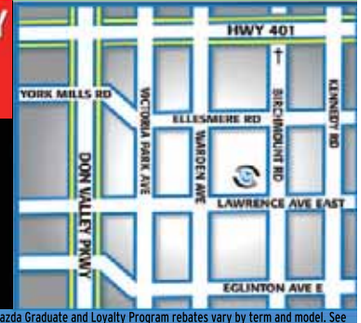

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metro DRIVE
Your essential daily news

Mercedes-AMG GT S named Motor Trend Best Driver's Car for 'precise steering,' 'massive power'

Born to go off the beaten path

ROAD TESTED

REVIEW

Power Wagon is factory equipped for serious off-road prowess

Mike Goetz
For Metro Canada

The Ram 2500 Power Wagon is not your typical heavy-duty pickup.

While the Power Wagon throws on all the formidable cargo and towing capacity only availably in these heavy-duty monsters (classified either as 2500 or 3500 series trucks), this particular Ram model is also "factory equipped" for the roughest of off-road conditions.

Typically you need to go to the aftermarket to equip a pickup to be this off-road serious. The only other factory-equipped pickup in this off-road league is the Ford F-150 Raptor, but the Raptor is a "light duty" pickup. It's also not currently available, as Ford preps a new version for 2016.

The 2500 Ram Power Wagon is also not a typical vehicle to use for a family sightseeing vacation in Alberta. But when I was scouting for a test vehicle that would be available during our week in the province, and the fine folks at FCA Canada said this particular Power Wagon was primed and ready to go, well, I grabbed it, like a rodeo rider at the Stampede gripping the reins of a bull named ER Eddy. Experiencing Alberta by heavy-duty, off-road pickup? That sounded like a cool and appropriate combination.

So what follows is not your typical road test, but a few random thoughts on family life with this beast during a great week in Alberta:

- Six pieces of luggage (four carry-on and two check-in) did not make an appreciable dent in the almost 2,000-lb payload capacity. Going in, I thought such a lightly loaded pickup would certainly be jiggly most of the time, but Ram's class-exclusive multi-link rear suspension, and recent frame stiffening, resulted in a surprising civil ride.
- Even with "cylinder deactivation" (which shuts down four cylinders when not needed), the 6.4-litre "Hemi" V8 was always thirsty. Whenever I filled the tank, I turned my back on the pump, trying to ignore how the rolling numbers would invariably climb to the $100 mark.
- You sit incredibly high in this thing. People in regular pickup trucks crane their necks to look up at you, and say, "Don't hurt me" with their eyes. But with the cabin floor about two feet off the ground, and no running boards to get in the way of ground clearance, getting in was a challenge.
- Interior comfort is afforded by two great attributes: This is a very wide truck with lots of elbowroom for everyone, and also a surprisingly quiet truck.
- The massive front grille is designed to scare people and does. Lots of drivers let me pass once they saw that grille fill their rearview mirrors. And with 410 horsepower and 429 lb-ft of torque, passing was always low stress, even on mountain passes.

THE CHECKLIST | 2015 RAM 2500 POWER WAGON

THE BASICS

Type. Four-door, heavy-duty, full-size, 4x4 pickup
Power. 410-hp, 6.4-litre V8
Transmission. 6-speed automatic
Price. Base $57,395 (plus destination)

NOTABLE FEATURES

- Electric front winch, Bilstein gas-charged shocks, and skid plates
- Automatic disconnecting front stabilizer bar for increasing suspension travel
- Uconnect multi-media centre with voice command and Bluetooth

MIKE GOETZ/FOR METRO

POINTS

- Only 2500 Ram that offers special off-road front suspension, which offers more flexibility and axle articulation for negotiating super rough terrain
- Class-exclusive multi-link rear suspension contributes to surprisingly smooth and competent "car-like" handling on regular pavement
- High ground clearance and ride height make getting in a gymnastic event

MARKET POSITION

- Ram's most off-road-ready heavy-duty pickup — no aftermarket modifying required
- Targeted to the truck crowd, who believe subtlety, wherever it's found, should always be crushed with a big rock
- Built and equipped for extreme work or play, including heavy towing

THE COMPETITION

GMC Sierra 2500HD
Base price: $40,795

Ford F-250
Base price: $26,299

Nissan Titan XD
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0% PURCHASE FINANCING FOR UP TO **84** MONTHS*

+ **$1,000** IN FINANCE CASH[1]

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$4,950 ON OTHER MODELS[3] (INCLUDES $750 OWNER CASH)

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For the latest information, visit us at gmc.gm.ca, drop by your local Buick GMC Dealer or call us at 1-800-GM-DRIVE. *Offer available to qualified retail customers in Canada for vehicles delivered between October 1 and October 31, 2015. 0% purchase financing offered on approved credit by TD Auto Finance Services, Scotiabank® or RBC Royal Bank for 84 months on select new or demonstrator 2015 GMC vehicles excluding, Yukon, Yukon XL, Sierra 2500 HD Diesel, Savana and Canyon 2SA. Participating lenders are subject to change. Rates from other lenders will vary. Down payment, trade and/or security deposit may be required. Monthly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. Example: $29,995 at 0% APR, the monthly payment is $357.08 for 84 months. Cost of borrowing is $0, total obligation is $29,995. Offer is unconditionally interest free. Freight, air tax ($100, if applicable), and loyalty rebate for eligible owners ($2,000, if applicable) included. Licence, insurance, registration, PPSA/movable property registry fees, applicable taxes and dealer fees not included. Dealers may sell for less. Limited time offer, which may not be combined with certain other offers. GMCL may modify, extend or terminate offers, in whole or in part, at any time without notice. Conditions and limitations apply. See dealer for details. ®Registered trademark of The Bank of Nova Scotia. **U.S. government 5-Star Safety Ratings are part of the U.S. Department of Transportation's New Car Assessment Program (www.SaferCar.gov). */***Freight & PDI, (1,695/$1,650), registration, air and tire levies and OMVIC fees included. Insurance, licence, PPSA, dealer fees and applicable taxes not included. Offers apply as indicated to 2015 new or demonstrator models of the vehicle equipped as described. Offers apply to qualified retail customers in the Ontario Buick GMC Dealer Marketing Association area only (including Outaouais). Dealers are free to set individual prices. Quantities limited; dealer order or trade may be required. Limited time offers which may not be combined with other offers. GMCL may modify, extend or terminate offers, in whole or in part, at any time without notice. Conditions and limitations apply. See dealer for details. ±2015 Sierra 1500 Double Cab 2WD with SXL, MSRP with freight PDI & levies: $38,504. Dealers are free to set individual prices. ▲Warranty based on 6 years or 110,000 km, whichever comes first. Fully transferable. See dealer for conditions and limited warranty details. Excludes Medium Duty Trucks. **1** $1,000 finance cash offer is a manufacturer to dealer credit (tax exclusive) for a 2015 GMC (Sierra 1500 & Terrain) which is available for finance offers only and cannot be combined with special lease rates and cash purchase. **2** $10,380 is a combined total credit consisting of a $3,000 manufacturer-to-dealer delivery credit (tax exclusive) $5,195 Cash Credit (tax exclusive) available on 2015 GMC Sierra Double Cab 1SA 4WD models, $1,000 Owner Cash (tax inclusive), $750 manufacturer-to-dealer Elevation Package Discount Credit (tax exclusive) for 2015 Sierra 1SA Elevation Edition with 5.3L Engine and a $435 manufacturer-to-dealer cash credit (tax exclusive) on any 2015 GMC Sierra Elevation double cab all-wheel drive with a 5.3L engine, which is available for cash purchases only and cannot be combined with special lease and finance rates. By selecting lease or finance offers, consumers are foregoing this $5,630 credit, which will result in higher effective interest rates. Discounts vary by model. **3** $4,950 is a combined total credit consisting of $750 Owner Cash (tax inclusive) and a $4,200 manufacturer to dealer cash credit (tax exclusive) for a 2015 Terrain SLE-1 FWD which is available for cash purchases only and cannot be combined with special lease and finance rates. By selecting lease or finance offers, consumers are foregoing this $4,200 credit which will result in higher effective interest rates. Discounts vary by model and cash credit excludes Terrain SLE-1 AWD.

Carbon fibre reinvents the wheel

FUEL ECONOMY

Ultra-light wheels bring superior speed ... but it'll cost ya

Maryland-based Vitesse AuDessus (French for "Superior Speed") has introduced an ultra-light carbon-fibre wheel for exclusive luxury and performance cars. Expect to pay about the price of an entire car for a set of four. The company offers both bespoke and original equipment-spec carbon fibre wheels for virtually any high-end luxury/prestige car, with an average weight of about six kilograms apiece. In certain cases, said CEO Stefany Sanchez, the wheels reduce "unsprung" weight (essentially, weight in motion) by more than 50 per cent. "This dramatic reduction translates into increased acceleration, reduced stopping distances, improved steering and handling, improved grip, reduced road noise and vibrations, and improved fuel economy." The hollow, single-piece wheels start at $8,875 US each for original-spec models and $10,125 US each for bespoke (made-to-order) versions.

DIESEL POWER

Four-turbo system is in BMW's future

German automaker BMW already offers some models sporting three turbochargers, but a report out of Britain suggests it's developing a four-turbo system to motivate a diesel engine.

The fourth turbocharger is likely to be an electrically driven unit that would pressurize the existing system to virtually eliminate notorious turbo "lag," thus improving low-speed performance, says Autocar magazine before adding the caveat: "Of course, it's entirely possible the new system will be completely conventional."

Output for the new 3.0-litre engine to which the quad turbo system is said to be attached is expected to be in excess of 400 horsepower, with a stump-pulling 590 pound-feet of torque.

MANUFACTURING

Steel industry flexes muscles in weight contest

Aluminum and carbon-fibre components might be taking up ever-greater portions of vehicle composition, but don't count steel out yet. As some automakers pursue a mixed-materials approach to lightweight bodies by strategically adding aluminum and carbon fibre to their construction, as in Ford's aluminum F-150 pickup (pictured), the industry insists that steel alone can provide lightweight strength for less material and manufacturing costs. The disadvantage to using aluminum and carbon fibre "is the cost," Audi quality manager Manfred Sindel told a recent automotive conference in Traverse City, Mich. Jody Hall of the Steel Market Development Institute told the conference that the more than 200 new grades of steel already in production "give automakers all they need" to reduce weight, increase strength and cut costs, reported Automotive News.

THE GREEN ANGLE

Metro's weekly picks for the latest in environmental news

ELECTRIC CARS

A critical time for Tesla

It's crunch time for Tesla Motors, reports industry watchdog Automotive News. The Silicon Valley automaker loses more than $4,000 US on every Model S electric sedan it sells, and managed to burn through $359 million US in cash last quarter in a bull market for luxury vehicles. The company recently cut production targets for this year and next. CEO Elon Musk said he's considering options to raise more capital, which could include selling more stock. He has given himself a deadline, saying that by next year's first quarter Tesla will be making enough money to fund a jump from building one expensive, low-volume car to mass-producing multiple models, and expanding a venture to manufacture electric power storage systems for home and office.

A FIRST

Huge hydrogen station for both land and sea

San Francisco, Calif., might soon be home to the world's largest hydrogen refuelling station, and the first one to serve both land and marine vehicles. The city might also soon get its own high-speed hydrogen-fuel-cell ferry as part of a demonstration project backed by public and private interests, says Green Car Reports. That ferryboat will need a place to refuel, as will hundreds and then thousands of hydrogen fuel-cell cars arriving from Toyota, Honda and Hyundai over the next five years, such as the Toyota Mirai (pictured). If it goes ahead, the fueling station will serve cars, buses and fleet vehicles, in addition to the ferryboat and other fuel-cell vessels, dispensing up to 1,500 kilograms of hydrogen a day.

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Mapping a better way to get around

DRIVING FORCE

Navigations systems have come a long way from paper days

Jil McIntosh
For Metro Canada

Vehicle navigation systems are a great way to get around, figuring out your route and guiding you through all the turns. But they need to be regularly updated, and they're going to have to become even more sophisticated to play a vital role in the future of autonomous driving.

"There's a big push for self-driving cars, and in the development of maps and location information," says Harold Goddijn, president and CEO of TomTom. "There's a whole new technology that must come together."

Mapping it out

To make an electronic map, navigation companies work with automakers to determine the specifications required. Then it's all about legwork. The mapmakers first go to local governments to see what maps they have, and digitize as much of these as they can. They then send employees out to drive the roads, using mobile mapping vans equipped with laser, radar and GPS to collect data, which is incorporated into the system.

Keeping it current

Once the navigation map is made, the next challenge is to keep it up to date. The company asks customers to report inaccuracies and changes, but it also watches vehicles connected to the network. TomTom can't identify individual cars, but it sees what traffic overall is doing.

"If we see a lot of people driving on what we think isn't a road, we look at satellite pictures to see if there's a (new) road there," Goddijn says. "Or when we see large amounts of cars making traffic violations because they are going down a one-way street, it's probably something that has changed in the direction of flow."

Right now, updating maps in existing vehicles can be a cumbersome task, but as more and more vehicles come online through wireless connections, navigation companies can download new information to them.

Self-driving cars

The next big hurdle for mapmakers is developing systems that are accurate enough that autonomous cars can use them without the driver's assistance.

"We need to know how many lines are on the road, how many lanes there are, and 20-centimetre accuracy where an exit starts and where it ends," Goddijn says. "We need all that to give the computer in the car the information to accurately plan its next manoeuvre, and know where it is and where it's heading."

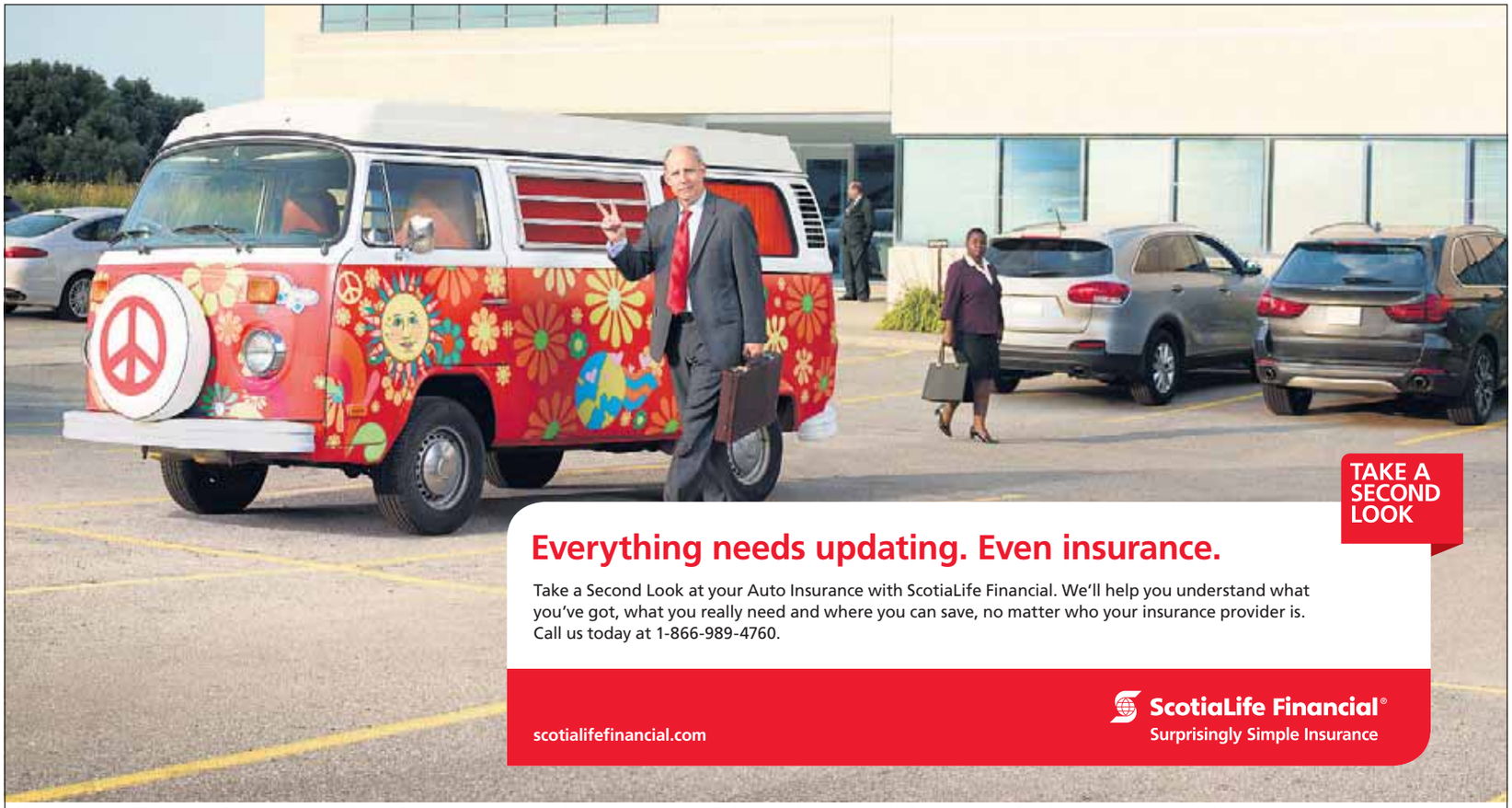
This will require even more map maintenance, because while a driver can see a change in traffic patterns ahead and take a different route, an autonomous car following an outdated map might not be aware of detours due to construction or crashes.

"We're building a self-learning and self-improving system that's highly automated and based on machine learning and other technologies," Goddijn says. "This will help us to make sure that the maps are accurately reflecting the reality."

Navigation systems must be updated regularly, which will be even more important for self-driving cars. COURTESY TOMTOM

HISTORY

- In the 1930s, you could buy a device that attached to the speedometer and scrolled through a paper map as you drove, showing crossroads and turns.
- Honda first offered a navigation system in the 1981 Accord, which used road patterns and a gyroscope to pinpoint the car's location.
- Cars initially used maps stored on cassettes and CDs, while Pioneer introduced a GPS system in 1990.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Excludes models with 2.3L EcoBoost engine, Shelby GT350, Focus ST, Focus RS, Fusion Hybrid, Fusion Energi, Mustang GT Premium with 5.0L V8 engine, Mustang GT350, Transit and Transit Connect. Offer ends November 30, 2015. Dealer may sell for less or lease for less. Dealer may not combine this offer with other discounts. Taxes payable on full amount of purchase price after Manufacturer Rebates have been deducted. Down payment may be required based on approved credit from Ford Credit. All purchase finance offers include freight and air tax ($1665 for Focus and $1790 for Fusion) and PPSA charges but exclude administration and registration fees of up to $799, fuel fill charge of up to $120 and all applicable taxes. All prices are based on Manufacturer's Suggested Retail Price. Some conditions and mileage restriction of 80,000km for 60 months (16,000km per year) applies. Excess kilometrage charges are 12¢per km, plus applicable taxes. Excess kilometrage charges subject to change, see your local dealer for details. †Purchase a new 2015 Focus SE Auto/2015 Focus Titanium/2016 Fusion SE FWD/2016 Fusion Titanium AWD for $22,114/ $27,914/$26,499/$35,399 (with $0 down payment) purchase financed at 0% APR for 84 months, monthly payment is $263/$333/$316/$422 (the sum of twelve (12) monthly payments divided by 26 periods gives payee a bi-weekly payment of $ for $122/$154/$146/$195), interest cost of borrowing is $0 or APR of 0% and total to be repaid is $22,204/$28,028/$26,572/$35,490 Taxes payable on full amount of purchase price after Manufacturer Rebates have been deducted. Down payment may be required based on approved credit from Ford Credit. 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All prices are based on Manufacturer's Suggested Retail Price. ^Until November 30, 2015, receive $3,250 in Manufacturer Rebate (Delivery Allowances) with the purchase or lease of a new 2015 Escape all-season tires. Winter tires are meant to be operated during winter conditions and may require a higher cold inflation pressure than all-season tires. Consult your Ford of Canada Dealer for details including applicable warranty coverage. Some conditions apply. See Dealer for details. ‡Until November 30, 2015 receive 0% APR purchase financing on new 2015 Focus SE Auto/2015 Focus Titanium/2016 Fusion SE FWD/2016 Fusion Titanium AWD models for up to 84 months, to qualified retail customers, on approved credit (OAC) from Ford Credit. Not all buyers will qualify for the lowest interest rate. Offer ends November 30, 2015. Dealer may sell for less or lease for less. Dealer may not combine this offer with other discounts. 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Taxes payable on full amount of purchase price after Manufacturer Rebates have been deducted. Offers include freight, air tax, and PPSA but exclude administration and registration fees of up to $799, fuel fill charge of up to $120 and all applicable taxes. Additional payments required for optional features, licenses, and insurance. All prices are based on Manufacturer's Suggested Retail Price. Some conditions apply. See your local dealer for details. ††Purchase a new 2015 Focus SE Auto/2015 Focus Titanium/2016 Fusion SE FWD/2016 Fusion Titanium AWD for $22,114/ $27,914/$26,499/$35,399 (after Manufacturer Rebates of $0 deducted). Taxes payable on full amount of purchase price after Manufacturer Rebates have been deducted. Down payment may be required based on approved credit from Ford Credit. 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Tim Johnson, right, has visited more than 100 countries on all seven continents. CONTRIBUTED

Father and son: Globetrotters

PASSION FOR TRAVEL

Keeping the family tradition for adventure going strong

Michele Sponagle

For Tim Johnson, travel isn't just a passion; it's a way of life. The 36-year-old journalist, born and raised in Peterborough, started globe-trotting in his early 20s when he backpacked with friends to destinations across Europe and Central America, and hasn't looked back.

To date, he's visited more than 100 countries on all seven continents. He craves the adventure that spots off the beaten track deliver, like Turkmenistan and Uzbekistan. Countries with a strong distinct culture and warm, welcoming people, like Bhutan, Mongolia and Mozambique, intrigue him and keep those stamps in his passport multiplying at a steady pace.

Sometimes, Johnson roams solo; other times, with journalist colleagues. As a kid, it was a family affair with his mom and dad loading up the car with the kids and hitting the road. Everyone got involved in the planning of their vacation. It was something the whole family anticipated and talked about right up until the time came to pull out of the driveway.

"Whether we went to Walt Disney World in Florida, Yellowstone Park or Alberta's Rocky Mountains, it was always a blast," Johnson says. "One year, we hit the road for five weeks in a row, driving much of the way down old Route 66, visiting the Grand Canyon, Las Vegas, Los Angeles and San Francisco, up to the Okanagan Valley and back across Canada. Our entire family loves to travel."

As an adult, he continued to travel with his parents. He invited them along for a trip to Hawaii — a place his mom always dreamt of visiting. It was truly a vacation of a lifetime.

After his mom passed away in 2014, he wanted to keep the family tradition going by inviting his dad, now 67, to accompany him while he was researching various stories.

Their travels began modestly with a weekend trip to Ottawa. Despite the frigid cold, they were able to indulge their love of history with stops at the Diefenbunker, Parliament Hill for question period and the Royal Canadian Mint.

"It wasn't a particularly glamorous trip, given the season, but it was a nice little long weekend away," says Johnson. "We both enjoyed it and then we started planning the bigger trips."

He's able to travel with his father by using points he's accumulated both through two bank-issued travel rewards cards and with miles earned while flying.

"It's a lot better than spending my own money," he says. Recently, he redeemed his points for two flights to Victoria.

Johnson sees redeeming his travel rewards points as a way of saying 'thank you' to his dad.

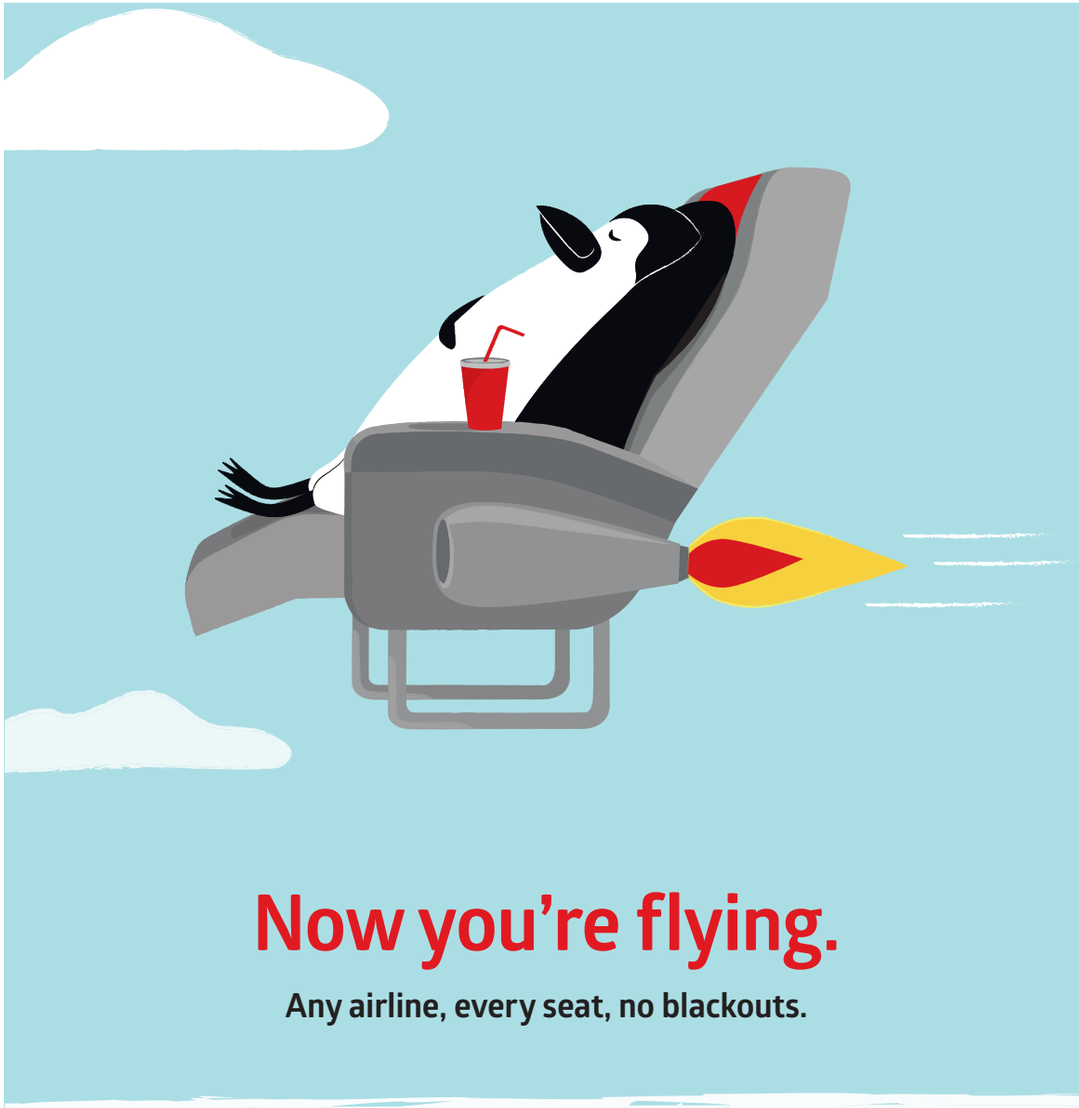
"It's something really great to be able to do something nice for my father after all he's done for me. He has always been there for me as a dad," he says. "When we travel together, he likes to tell people, 'You see… all those early morning hockey practices I took my son to? They're paying off!'"

The greatest gift of exploring the world with his father has been getting to know him better.

"We always had a good relationship when my mother was alive, but it was different. Now, our communication is more direct and we talk more," Johnson says. "In Nevis, we spent a lot of time just sitting on the balcony of our hotel, which overlooked the sea and the mountains of St. Kitts, and just talked, for hours even. We would both bring books out there, but inevitably we ended up talking more than reading."

Father and son at a baseball game in Seattle. CONTRIBUTED

Johnson is able to travel with his father by using points he's accumulated both through two bank-issued travel rewards cards and with miles earned while flying. CONTRIBUTED



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The New Jersey Devils plan to honour Martin Brodeur with a statue and retired number

Blue Jays ride support of country into post-season

MLB PLAYOFFS

Toronto slots Price, Stroman for games 1, 2 against Texas

First baseman Chris Colabello experiences Blue Jays fever every time he looks at his phone or steps out his door.

"It's pretty epic," he said.

Colabello, a platoon player who readily admits he's nowhere near the top of the Jays' star pecking order, says just getting a cup of coffee is an adventure these days.

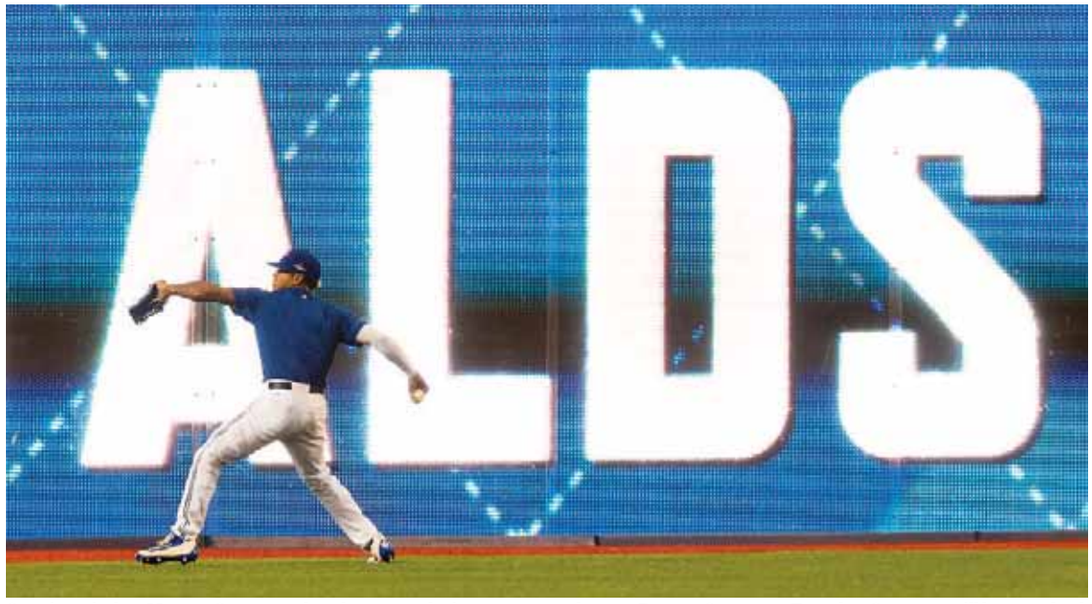
"That's a testament to how much this city loves their team and appreciates what we've done for them," he said. "And we hope to continue it for them."

"It's a blessing," added left-fielder Ben Revere.

Toronto's wild ride this season will go up a gear Thursday when the Blue Jays host the Texas Rangers in Game 1 of their American League Division Series. It's Toronto's first visit to the post-season since winning a second straight World Series in 1993 and interest is booming.

Toronto ace David Price will face Texas' Yovani Gallardo in the series opener while Marcus Stroman, adding a new chapter to his remarkable comeback from spring training knee surgery, takes on Rangers marquee man Cole Hamels in Game 2 Friday.

The best-of-five series will then descend on Texas for the next two games, if necessary, with Game 5 in Toronto if needed.



Starting pitcher Marcus Stroman plays long toss during a team workout at Rogers Centre on Tuesday. Stroman will be matched up against the Rangers' Cole Hamels in Game 2 of their series. DARREN CALABRESE/THE CANADIAN PRESS

In David Price's only start against the Rangers this season, he allowed two runs in six innings in Toronto's 12-4 win at Texas on Aug. 26. STEPHEN DUNN/GETTY IMAGES

> **I get recognized probably a little bit more — maybe in a better way.**
> John Gibbons

A relaxed bunch of Jays met the media Tuesday before working out at the Rogers Centre to the diverse sounds of Miguel, Beck, Fetty Wap, Lynyrd Skynyrd, Led Zeppelin, the Zac Brown Band and Hardwell.

Promotions for Thursday's game flashed on the giant scoreboard as the players held batting practice.

Earlier, manager John Gibbons leaned back in his chair as he chatted with reporters in his office.

"I feel good," he said. "Nice and relaxed. I feel good about the way the year's gone. And you know what I think we've got a real shot to advance in this thing.

Every Jay is in the spotlight these days, with fans across the country following the team.

Colabello, who has 24,100 Twitter followers, estimates 20,000 of them came after joining Toronto this season.

Gibbons said Dalton Pompey and Ezequiel Carrera will be on the post-season roster to add speed. The team will only carry two catchers in Russell Martin and Dioner Navarro.

THE CANADIAN PRESS

ONE MORE CURSE TO WORRY ABOUT

Urban legend has it the Blue Jays are in for a tough post-season now that John Gibbons and company have graced the cover of Sports Illustrated's MLB playoff edition.

Edwin Encarnacion, Troy Tulowitzki, David Price, Russell Martin, Jose Bautista and Josh Donaldson joined their manager on the front of the magazine after ending their 22-season playoff drought by winning the American League East crown.

But the well-known SI cover jinx could toughen the post-season for the Jays.

Fronting the magazine has cursed other athletes in the past.

Just ask former Cincinnati Reds star Pete Rose, whose 44-game hitting streak in 1978 came to an end the same week he appeared on the cover.

The last time the Jays appeared on an SI cover was in 2005. The team finished third in the American League East that year.

The latest issue hits stands Wednesday.

Last week, it was pointed out that three MLB teams — Washington Nationals, Houston Astros and San Diego Padres went into a tailspin after Taylor Swift played a concert in their home stadium on her latest tour.

Swift played the Rogers Centre over the weekend and the Jays lost their last two games of the season.

TORSTAR NEWS SERVICE

HANDOUT/THE CANADIAN PRESS

Battle of big bats in ALDS

Two potent offences and a hitter-friendly park in the Rogers Centre could make for some excitement when the Toronto Blue Jays host the Texas Rangers in the American League Division Series.

Toronto, which went 4-2 against Texas this season, opens the best-of-five series with home games Thursday and Friday before heading to Globe Life Park in Arlington for the next two.

Both teams rode second-half surges to the playoffs, with Toronto reloading at the trade deadline.

Toronto (93-69) was 45-46 at the all-star-break then kicked in the after-burners to go 48-23. That includes a 1-4 end to the season after clinching its division.

Texas (88-74) won 14 of its last 21 games, and went 46-28 after the all-star break.

Toronto and Texas boasted the most potent offences after the all-streak break, with the Jays topping the majors at 405 runs and the Rangers second at 381.

Unlike the Jays, the Rangers have plenty of recent post-season experience having won the AL West three of the last six years. But Texas ranked last in the American League with a 67-95 record in 2014.

The Jays bring a big bat to the post-season.

Toronto led the majors in runs scored (891), home runs (232), on-base percentage (.340) and slugging percentage (.457) and ranked second in batting average (.270).

Texas ranked third in runs (751), 11th in home runs (172), sixth in on-base percentage (.325), ninth in slugging percentage (.413) and 10th in batting average (.257).

Prince Fielder, Mitch Moreland, and Shin-Soo Choo led the Texas attack with a combined 68 homers and 265 RBIs. Josh Donaldson, Jose Bautista and Edwin Encarnacion powered the Toronto offence with a combined 120 home runs and 348 RBIs.

THE CANADIAN PRESS

NHL SEASON PREVIEW

Long view a must for foreseeable future in T.O.

PROTEAU TYPE

Adam Proteau

Long crawl back to respectability

Under Brendan Shanahan's front-office team, the Leafs should be in no hurry to throw top youngsters like William Nylander to the big-league wolves. CARLOS OSORIO/TORSTAR NEWS SERVICE

As the Maple Leafs prepare to kick off their 99th season Wednesday against their arch rivals from Montreal, team management — including new head coach Mike Babcock and GM Lou Lamoriello — have done well to keep expectations low. The off-season trading of Phil Kessel, among other moves, make it clear Toronto is in the early stages of a basement-to-roof makeover that will take years to complete.

If that message sounds familiar, it ought to — more than a few hockey men talked of rebuilding the Leafs slowly, only to eventually abandon those plans. But this familiar pattern is unlikely to continue under team president Brendan Shanahan & Co. For one thing, captain Dion Phaneuf — whose salary cap hit is a team-high $7 million, and who may be moved by or before the NHL trade deadline — is the only Toronto player with a cap hit higher than Babcock's $6.25-million-a-season salary. The Leafs' coach is the most important person in the dressing room, and that hasn't happened since the glory days of Punch Imlach.

Equally, if not more, important is the newfound insistence on patience with the organization's young talent. William Nylander, the Leafs' first draft pick in 2014, demonstrated in training camp he can play at the NHL level, but Toronto brass dispatched him to the minor-league Marlies to continue developing his game. That might not have happened under previous administrations that prioritized short-term results over a tough, often-ugly process.

Shanahan's team is fully aware of the Leafs' past, and determined to be the first group to break the cycle of losing. There will be fans and media that obsess over the on-ice mistakes that will be made by this current roster of players, but the people running things have the big picture in mind. By the time Toronto becomes a Stanley Cup contender many, if not most, of those players won't be wearing blue and white.

So if you're a Leafs fan steeling yourself for a long stretch of losing, forget about the trees. Keep focusing on the forest. It may be small consolation in 2015-16, but if management does things right, it will be worth the wait.

"Shanahan's team is fully aware of the Leafs' past, and determined to be the first group to break that cycle of losing.

Age-old rivals at opposite ends of the expectations spectrum

Playoffs? The Toronto Maple Leafs just want to win some games.

A year ago, the Maple Leafs entered another season under Randy Carlyle with expectations to return to the post-season. In their first under new coach Mike Babcock, the realistic expectation is even lower.

"We want to make the playoffs just as every team does, but that's really not being seen as a goal for us, I guess, in a sense," forward Daniel Winnik said. "I think as players we look to compete every night and get wins when we can."

While the Montreal Canadiens are talking about trying to contend for the Stanley Cup after three straight playoff appearances, the Leafs are setting less tangible goals for themselves. Babcock expects to win Wednesday night's season opener against the Canadiens at Air Canada Centre, but more than anything else he wants his team to continue to get better over next few weeks and months,

"We're going to get so that we're organized and we're going to get so that we're very hard-working and that we're in it together night in and night out and we're going to be a hard group to play against," Babcock said. "How long's that going to take? I don't know the answer to that question."

"We want to make the playoffs ... but that's really not being seen as a goal for us.
Leafs defenceman Daniel Winnik

"I don't think it's just good enough to make the playoffs in here.
Canadiens defenceman P.K. Subban

The Canadiens have far more stability in place, with Hart and Vezina Trophy-winning goaltender Carey Price, 2013 Norris Trophy-winning defenceman P.K. Subban and new captain Max Pacioretty leading the way. They added wingers Alexander Semin and Tomas Fleischmann but kept most of the same core in place.

Subban said players need to bring "championship performances" every night and alluded to that being the goal for the season.

"I don't think it's just good enough to make the playoffs in here," Subban said. "We've been to the Eastern Conference finals since I've been here twice, and we've gone on some pretty long playoff runs. It's about making that next step."

Subban said the Habs were "anxious" to take that step. Price added that "there's a lot of, obviously, expectations, and we're excited to try to meet them."

Expectations for the Leafs are down substantially. Two years ago, fresh off their first playoff appearance since 2004, the talk was similar to the present in Montreal about taking the next step and building off making it.

After two mid-season meltdowns that led to wholesale organizational changes, the Leafs are like the Drake song "Started From the Bottom," except they're there now. THE CANADIAN PRESS

CFL ARGOS WIN IN OTTAWA The Argonauts' Gregory Jones tackles the Redblacks' Chris Williams during Toronto's 38-35 win on Tuesday night in Ottawa. SEAN KILPATRICK/THE CANADIAN PRESS

RUGBY WORLD CUP

Canada slide out vs. Romania
Romania produced the biggest comeback in Rugby World Cup history to rally from a 15-point deficit and beat Canada 17-15 in a Rugby World Cup Pool D match on Tuesday, clinching the dramatic win with a nerveless late penalty from centre Florin Vlaicu.

It was not as dramatic as France's semifinal comeback against New Zealand at the 1999 World Cup, where the French trailed 24-10 before triumphing 43-31. But it was certainly tension-filled at Leicester's City Stadium, as Vlaicu held his nerve to land the winning kick with three minutes left.

Canada was in control when left winger DTH Van Der Merwe scored late in the first half — his fourth try of the tournament — and right winger Jeff Hassler crossed four minutes after halftime.

But Romania's bold decision to forsake penalty kicks for attacking lineouts and scrums paid off.

Canada played the last eight minutes with a man down after flanker Jebb Sinclair was sin-binned, and paid a serious price. Four missed shots at goal and too many wasted attacking chances also cost the Canadians.
THE ASSOCIATED PRESS

Deputy commissioner Bill Daly BRUCE BENNETT/GETTY IMAGES

NHLers react to cocaine report

DRUG POLICY

TSN exposé a hot topic ahead of new season

Cocaine was a hot topic at NHL practices on the eve of the regular season's opening day after a report that the drug's use is up among players.

In an interview with TSN, deputy commissioner Bill Daly said cocaine use in the league has risen, adding that he didn't think it was a crisis involving more than 20 players.

Daly said he wasn't sure how many players use the drug because the league doesn't "test in a comprehensive way."

Reactions on the report and the possibility of more drug testing were varied. At the Montreal Canadiens' practice in Brossard, Que., defenceman P.K. Subban said he's not in favour of players doing drugs.

"Our message to kids is always, 'Don't do drugs,'" Subban said.

"Regardless of what the league does, that is something that is unfortunately out there, not just in hockey but in the world."

> **"It doesn't deserve and need a lot of publicity. We just need to take care of business.**
>
> Commissioner Gary Bettman's response last week when asked about off-ice incidents, but not specifically cocaine

Rumours of players using cocaine are nothing new. Jarret Stoll was arrested in April for cocaine possession at a Las Vegas hotel.

The NHL and NHL Players' Association have had a Substance Abuse and Behavioural Health Program (SABH) in place since 1996. As part of the NHL's drug-testing program, there are 2,400 samples taken each season for inspection for performance-enhancing substances.

A third of them are also screened for so-called "drugs of abuse," though a positive test does not carry any kind of suspension or fine. A player whose test comes back with dangerously high levels of a drug, such as cocaine or ecstasy, is subject to consultation with SABH doctors. The program includes four stages with varying degrees of treatment and discipline.

The NHL and NHLPA would have to negotiate and agree to make all of the drug tests subject to that additional screening. According to TSN, NHLPA executive director Don Fehr has brought up cocaine use in meetings with several teams.

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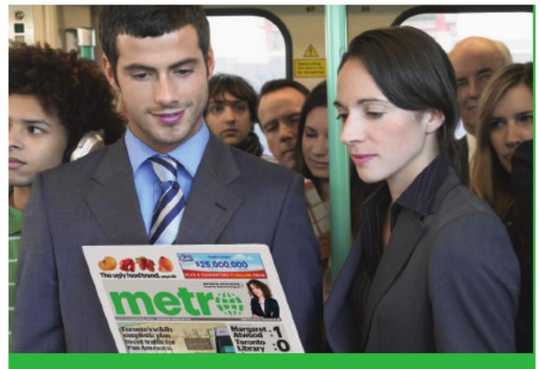

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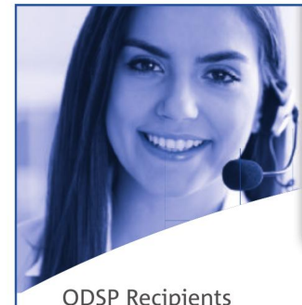

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RECIPE Lemon Orzo Soup with Chicken

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This soup combines a creamy texture with bright flavours. It also makes enough you can take it for lunch the next day.

Ready in
30 minutes
Serves 6

Ingredients
- 8 cups of low-sodium chicken stock
- 1 cup orzo
- 1/2 lb of skinless, boneless chicken breast, chopped into bite-sized pieces
- 3 eggs
- 1/3 cup of lemon juice
- Salt and pepper to taste
- Small handful of parsley, chopped

Directions

1. In large pot, bring stock to a boil. Add the orzo and reduce heat just slightly so it simmers 10 minutes.

2. Now add the chicken to the pot with the stock and orzo and simmer for 10 more minutes.

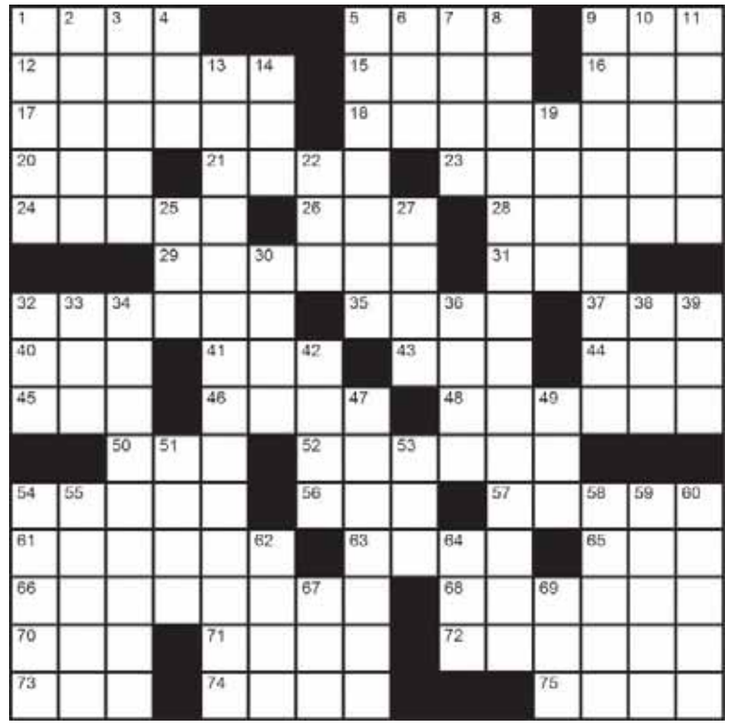
3. While that's cooking away, crack your eggs into a bowl and whisk in the lemon juice. Using a ladle, scoop out some hot broth and add small of stream to your egg mixture while whisking. Add as much hot stock as it takes to really warm up the egg so it won't scramble in the soup.

4. Now pour your egg mixture into your soup pot. Cook for another 2 or 3 minutes or until it thickens slightly. Season to taste. Serve with a sprinkle of chopped parsley.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Exhausts
5. "Thunderstruck" rockers
9. AmEx transaction
12. Country in Africa where Lilongwe is the capital
15. Gordon Pinsent's actress daughter
16. Tee-__ (Chuckle)
17. Public speaker
18. Captain Kirk's urgent warning on the U.S.S. Enterprise: 2 wds.
20. Extra cottage bed
21. Two notes following Do...
23. Extraterrestrials
24. Pray
26. Lettered grocery chain
28. Fun-sounding instrument
29. Ms. Piaf's
31. Since-1916 car co.
32. Car race tune: "__ __ Lincoln"
35. Root vegetable
37. Owns
40. Pub drink
41. Minimal
43. Ms. Zadora
44. "Letters from __ Jima" (2006)
45. 'B' or 'C' of The Spice Girls
46. Dead and Red
48. Game show winners go home with them
50. And so forth [abbr.]
52. Sportswear brand
54. Pant style
56. "Babe: __ in the City" (1998)
57. Essentials
61. Friendly nations
63. Word on the banana's sticker
65. Gusto
66. Tell the patient what the problem is
68. Spanish dramatist, Juan del __
70. Mr. Liotta
71. Arctic fish
72. __ Graham ...better known as Canadian rapper Drake
73. 'Baron' suffix
74. Forever and evers
75. Puts into place

DOWN
1. Artist's protection from splashes
2. Brother of Moses
3. 'Home' spot in baseball
4. Was in session
5. Okay, at times
6. So-so grade
7. Papa
8. Specials of the day can be erased from it each day: 2 wds.
9. Orange-in-colour spread by Kraft: 2 wds.
10. "Tell __ __" by The Zombies
11. Whitney Houston hit bit: "I __ __ emotional baby / Every time I think of you."
13. Edmonton attraction, Telus __ __ __
14. Pique
19. One Direction member
22. Univ. in "Good Will Hunting" (1997)
25. 'Puppet' suffix
27. Rushed letters
30. Idea: French
32. Theatrical attention-lover
33. Flamenco exclamation!
34. Some creations by TV writers
36. Like a no-longer-green banana
38. Wonderment
39. Therefores
42. Papery nest builder
47. Web weavers
49. A E __ __ and sometimes Y
51. Li'l math course
53. Tip to 'mania'
54. Inner circle
55. Assumed name
58. Church topper
59. Dogma
60. __ or neuters
62. Artsy area of Manhattan
64. Ms. Michele of "Scream Queens"
67. Actress, Laura __ Giacomo
69. Billy Joel's ex ...her initials-sharers

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Today's Mars-Neptune link may make it a bit harder to get along with someone on the work front. The fact is you can quite easily get along without their help, so don't worry about it.

Taurus April 21 - May 21
Get on top of your workload before it gets on top of you. Shut out distractions and tackle each task with energy and enthusiasm. But don't stop there — get ahead.

Gemini May 22 - June 21
A friend may not have been very supportive of late but that does not mean they are turning against you. It's more likely they have worries of their own to contend with.

Cancer June 22 - July 23
Don't try to cheer yourself up by wasting money on things you don't need. You may be expecting to come into some cash but don't spend it all before it actually arrives.

Leo July 24 - Aug. 23
Don't take things too seriously. With so many changes taking place you need to stay calm and be flexible in your approach to everyday problems. They are not worth getting worked up about.

Virgo Aug. 24 - Sept. 23
Try to remember that while some people respond best to reason, others respond best to emotion. Pick the right approach for each individual and you will get more.

Libra Sept. 24 - Oct. 23
If your energy level seems a bit low don't push yourself too hard. Mars in the most sensitive area of your chart means if you double your efforts the returns are likely to be lower than you expected.

Scorpio Oct. 24 - Nov. 22
Your emotions are quite raw and it may seem as if every little thing is a matter of life or death. But it isn't and soon you will get a new and more positive perspective on life.

Sagittarius Nov. 23 - Dec. 21
Be selective in the tasks you take on. If you throw yourself at each little challenge you may not have enough energy left to tackle the really big challenges that are coming.

Capricorn Dec. 22 - Jan. 20
You are worthy of success. Don't avoid challenging situations simply because you fear you are not up to the task. Believe in yourself.

Aquarius Jan. 21 - Feb. 19
You need to let certain people know that you no longer care what they say or do. That might sound a bit extreme but if you don't do it now they will keep annoying you and make an even bigger falling-out more likely later on.

Pisces Feb. 20 - March 20
You may have to endure a few setbacks this week but don't let them unsettle you. Above all, don't lose your temper with people you have to work with on a day-to-day basis.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	6	3	4				7	
9					5			4
2					3	8		
4						6	2	
	9	5						1
		7	8					9
8			6					5
	5				9	3	6	

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SORENTO

2015 SOUL 1.6L LX AT

Soul SX Luxury shown‡
Cash purchase price $29,144

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$750 DOWN AT **0.9%** APR FOR 48 MONTHS^

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Sorento SX Turbo AWD shown‡
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Maximum $7,000 discount is offered on 2015 Optima Hybrid LX (OP74AF) only. Certain conditions apply. See your dealer for complete details. **Representative Financing Example:** Financing offer available on approved credit (OAC), on a new 2015 Forte Sedan LX MT (F0541F)/2015 Forte Sedan EX MT (F0545F) with a selling price of $17,564/$22,664 is based on monthly payments of $173/$311 for 84/60 months at 0% with a $0 down payment and first monthly payment due at finance inception. Offer also includes $3,000/$4,000 discounts (loan credit). Other taxes, registration, insurance and licensing fees are excluded. ‡**Cash Purchase Price** for the new 2015 Optima LX AT (OP742F)/2015 Optima Hybrid LX (OP74AF) is $20,964/$24,764 and includes a cash discount of $5,500/$7,000 including $6,000 cash discounts and $1,000 ECO credit. Dealer may sell for less. Other taxes, registration, insurance and licensing fees are excluded. Cash discounts vary by model and trim and are deducted from the negotiated selling price before taxes. ^**Representative Leasing Example:** Lease offer available on approved credit (OAC), on the 2015 Soul 1.6L LX AT (S0752F)/2016 Sorento LX 2.4L FWD (SR75AG) with a selling price of $21,544/ $29,344 is based on monthly payments of $200/$287 for 48 months at 0.9%, with $0 security deposit, $1,000/$500 discounts (lease credit), $750/$2,300 down payment and first monthly payment due at lease inception. Total lease obligation $9,586/$13,778 with the option to purchase at the end of the term for $10,755/$13,483. Lease has 16,000 km/yr allowance (other packages available and $0.12/km for excess kilometres). ΩLease payments must be made on a monthly or bi-weekly basis but cannot be made on a weekly basis. Weekly lease payments are for advertising purposes only. †Model shown Manufacturer Suggested Retail Price for 2015 Forte SX (F0748F)/2015 Soul SX Luxury (S0758F)/2015 Optima SX Turbo AT (OP748F)/2016 Sorento SX Turbo AWD (SR75JG) is $26,695/$27,295/$34,895/$42,095. The Kia Soul received the lowest number of problems per 100 vehicles among compact multi-purpose vehicles in the proprietary J.D. Power 2015 U.S. Initial Quality Study℠. Study based on responses from 84,367 U.S. new-vehicle owners, measuring 244 models and measures opinions after 90 days of ownership. Proprietary study results are based on experiences and perceptions of U.S. owners surveyed from February to May 2015. Your experiences may vary. Visit jdpower.com. The Kia Sorento received the lowest number of problems per 100 vehicles among midsize SUVs in the proprietary J.D. Power 2015 U.S. Initial Quality Study℠. Study based on responses from 84,367 U.S. new-vehicle owners, measuring 244 models and measures opinions after 90 days of ownership. Proprietary study results are based on experiences and perceptions of U.S. owners surveyed from February to May 2015. Your experiences may vary. Visit jdpower.com. The 2015 Rio/2015 Forte/2015 Rondo were awarded with the Clef d'or "Best in Class" by L'Annuel de l'automobile 2015. Visit www.annuelauto.com for all the details. The 2016 Sorento/2015 Optima/2015 Sedona/2015 Soul were awarded the 2015 Top Safety Pick by the Insurance Institute for Highway Safety (IIHS) for model year 2016/2015/2015/2015. U.S. models tested. Visit www.iihs.org for full details. Government 5-Star Safety Ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.SaferCar.gov). 2015 Kia Soul awarded ALG Residual Value Award for highest resale value in its class. Based on ALG's residual value forecast for the 2015 model year. ALG is the industry benchmark for residual values and depreciation data, www.alg.com. The all-new 2016 Kia Sorento was awarded the "iF Design Award" for its outstanding design. The "iF Design Award" is one of the world's most important prizes for excellence in design, www.ifdesign.de. Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Kia is a trademark of Kia Motors Corporation.